Chichester Herald

Friday 17th January 2014
YOUR FREE WEEKLY NEWSPAPER
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Local star passes away

>> *Tributes pour in after death of former Chichester actress*

Dean Adams
NEWS@CHICHESTERHERAED.CO.UK

LOCAL star Alexandra Bastedo, the actress best known for her role in the 1960s television sci fi series The Champions, has died following a long illness. She was 67.

Former Chichester resident Mrs Bastedo, who had battled against cancer, had also starred on TV in Absolutely Fabulous, Boon and the Agatha Christie Hour.

Her beauty and talent on television, stage and film won her a legion of fans who paid tribute following her death last weekend.

In later life, animal rights supporter Mrs Bastedo founded the ABC Animal Sanctuary near Pulborough, West Sussex, which announced her death.

The charity said on Twitter: "It is with great sadness that we announce that Alexandra Bastedo passed away this Sunday (12th) afternoon after a long illness aged 67. She will be sadly missed."

Mrs Bastedo had been married since 1980 to distinguished theatre producer and director, Patrick Garland, until his death following a long illness at the age of 78 in April last year.

The couple married at Chichester Cathedral, and after his death she paid tribute to him as a "wonderful man" who had staunchly supported her animal charity.

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Alexandra Bastedo. Actress best known for her role in the 1960s television sci-fi series The Champions dies

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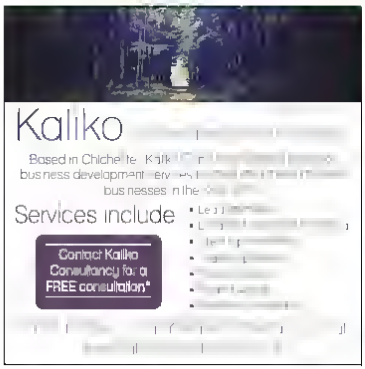

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Tributes pour in after death of former Chichester actress

Continued from page 1

From a young age, Mrs Bastedo's love for animals shone through. She would spend her spare time as a child at her local vets helping to clean and look after animals.

She harboured ambitions to become a vet, but at the age of 16 she was discovered by Columbia Pictures and sent to Hollywood to make a horror film called The Candy Web.

Aged 20, following a number of TV shows, she won her big break starring in ITV's The Champions, which ran for a year from 1968 and "totally changed my life".

Mrs Bastedo once revealed: "As a result I made 12 Spanish, American and South American films and learnt to speak fluent Spanish as well as Italian and French. "At one time I maintained apartments in Madrid, Toronto and London.

"Because of my languages I also presented Miss World with Peter Marshall and was invited to 10 Downing Street to talk to the Italian (prime minister Amintore) Fanfani and his ministers who were in England on a trade mission.

"I once worked out that I was on an airplane once every 10 days.

"Eventually I had enough of my nomadic existence, returned to live full-time in England and married Patrick Garland, the artistic director of the Chichester Festival Theatre, considered to be the third most important theatre in England."

The couple moved to Almodington, Chichester and bought a 16th century farmhouse set within three acres, enabling Mrs Bastedo to fulfil her dream of rescuing animals.

She continued to act in plays at Chichester and appeared in productions, including Gavell (1982), Time and the Conways (1983) and the highly praised production of Pickwick which starred Harry Secombe (1993). Ms Bastedo was renowned for her love of animals and in 1983's Festival Theatre production of As You Like It, one of her donkeys appeared onstage.

She also helped Garland with his charity work and raised money for the smaller Minerva Theatre.

Alan Finch, Executive Director at Chichester Festival Theatre, said: "This is very sad news, especially following so soon after Patrick's death last year. Alexandra was a great supporter of the Festival Theatre both during Patrick's time here, and in the years that followed and as such, she made a lasting contribution to our success. She'll be fondly remembered, not just by us, but by the local community in general."

Tributes were also paid by actress Liza Goddard. She wrote on Twitter: "My dear friend Alexandra Bastedo died today. A beautiful person who will be greatly missed."

Actor Peter Egan, also a supporter of the ABC Animal Sanctuary, wrote: "Deeply sad. Our dear friend Alexandra Bastedo lost her battle with cancer at 4pm today. A beautiful woman and Animal Champion."

Let us know what you think @Chiherald

Man arrested on suspicion of Bosham murder

DETECTIVES have arrested a 22-year-old man over the murder of a grandmother who was killed while house-sitting over the Christmas period.

Valerie Graves, 55, was found dead in a bedroom of a waterside property in Bosham, near Chichester, on December 30.

Sussex Police said a man had now been arrested and was being held in custody.

The victim and her family had been looking after the house while the owners were away over the holiday period.

Her son Tim Wood previously paid tribute to his mother and pleaded for information about the killing.

Ms Graves and her family were looking after a house in the quiet village.

He said: "My mum was much loved and will be sorely missed by the whole family. She was a free spirit who enjoyed her life and was a talented artist.

"She had lived in Scotland for about 10 years, a place she loved and which inspired her passion for art."

He added: "This has been devastating for the family and has come as a complete shock.

Murder victim, Valerie Graves

We would appeal to anyone who has any information about this, no matter how trivial it is, to contact the police to help us catch whoever has done this horrible act."

Ms Graves, who had recently moved back to Sussex from Scotland to be closer to her family, was house-sitting at the property with her mother, sister and her sister's partner while the owners were abroad.

Police said she went to bed at 10pm on Sunday, December 29 and was found dead by one of her three relatives at around 10am the following day in the bedroom where she had been sleeping.

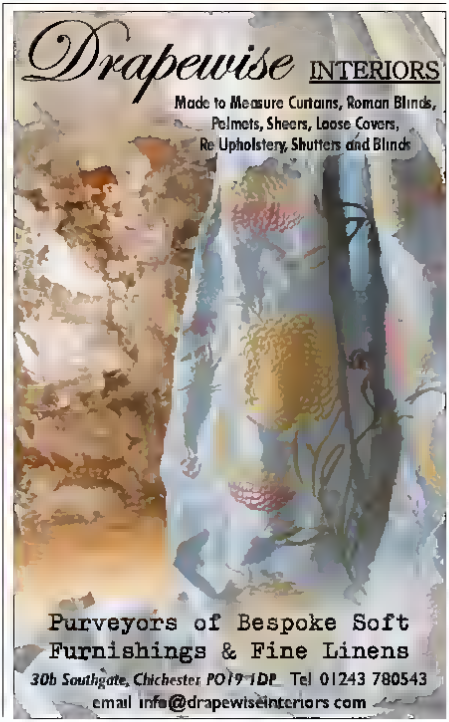
A post-mortem examination revealed she had suffered significant head and facial injuries, but detectives have not confirmed whether a weapon had been used.

The death shocked the small community of Bosham, which featured in an episode of the ITV crime drama Midsomer Murders.

Anorak Corner

Interesting snippets of information about Chichester

Bracklesham Bay is mentioned in the track 'Saturdays Kids' (Paul Weller) on the 1979 album by The Jam. Setting Sons: "Save up their money for a holiday to Selsey Bill, or Bracklesham Bay."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Tweets of the Week

All tweets are from Chichester people or about the area. (Some tweets may contain errors) **Let us know what you think @Chiherald**

@LeTwitteur
Dear sun, thanks for coming back. Missed you x #westwittering

@Juliusm10
Bagged myself a ten pound weekend with The Sun in Chichester #100happydays

@SussexSimon
The four crossing between #Fishbourne & #Chichester now closed. People must use bridge. Safety. 3 deaths in 28 yrs

@wagamama_uk
drum roll please..... our new restaurant in chichester is now open! come down and say hello over a steaming ramen...

@thamarh
Planning to cycle around Westbourne and Chichester today on bike paths. Need at least two coffees first!

@CrownDellQuay
Lovely misp morning, dog walk & a coffee perhaps! Open from 10! #chichester #dellquay

@jamesdhobson
Andrew Tyrie (the con of Chichester) accused of doing something, turns out to be untrue. Again

@Surreyfiredogs
Training day at a garden centre in Chichester and good to see Tilly (our dog) getting back in the swing of things after her op

@sussex_police
Detectives have arrested a 22-year-old man on suspicion of the murder of Valerie Graves in Bosham. He is currently in custody.

@SezzaMills
If I've passed my driving test by this summer I have so many plans..including cruising down to West Wittering beach with a BBQ and a board

Actually, none of the cyclists look eligible, no offence!

FRACKING

They've been digging up by the theatre for months. Huge machines like out of Thunderbirds. Fracking on the quiet?

CHICHESTER HAN

Andrew Tyrie MP. He's had his signature attached to a letter from 96 Tory MPs urging the Government to veto EU legislation. Except he never signed it. Odd. Are Tory MPs not the purest of pure? They would love him to be on their side because he's the biggest nob not on the front bench. He is the perfect Chichester MP then, impressive. Important but not mainstream. Ain't that Chichester!

DROLLERY

The recently deceased and much loved political sketch writer Simon Hoggart reported that Andrew Tyrie looks like an undertaker who has just been told his budgie has died.

HEAT

They're playing tennis in the Australian Open and the temperature has reached 107.6 Fahrenheit. That's a number which means nothing to kids. The modern expression of the same heat is 42 Centigrade... mundane and meddling. 42 is a nothing-sounding amount. 42 mph, 42 not out in cricket. 42 years of age. Nothing only gets to be something when it's a hundred.

BUSH FIRES

They've been fighting bush fires in Australia and California, I have a feeling ten years from now we may have similar problems.

FRACKING

They should call it something less hard on the ear. "Fracking" sounds grotesque, barely legal in a filmic Turkish prison. I suggest "Poppy swooping" or "Earth chocolate". The word "Fracking" comes from "Fracturing" which sounds distinctly Kray twins.

CORONATION ST

They're getting their first Muslim family after 53 years on the box. And yet Corrie's never seemed out of touch far from it. There is a thought here I'm not able to express.

HIKAEL KALASHNIKOV

He invented the world's most profound automatic gun known everywhere as the Kalashnikov. Years ago, reporting a war in Ethiopia, I remember being one of only a few men in a dingy drinks bar who didn't have one. I wanted one, mind you, no question, it would have helped. Kalashnikov died at Christmas and at his funeral it came out he was wracked with grief at what he'd done, namely been complicit in killing more people than maybe even the A bomb. What he thought his gun would be used to ensure people got served their turn in bars! (BTW, it did. I waited a long time for my half of shandy.)

SOUTH STREET

South St is starting a revival isn't it? Wagamama is a huge addition to the eateries and they've now got a new classy fabric shop opposite the numerous elite rag traders. Chichester's shop owners have weathered the economic debacle with Churchillian aplomb. There's a few went under we'll always miss.

Andrew Tyrie

CHICHESTER JOGGERS

Chichester now has almost no male joggers. They've all bought bikes. Everywhere you look on the pavements it's females running, on the road it's men pedalling. Perhaps this is nature's way of lowering the population, keeping the genders apart. Actually none of the cyclists look eligible no offence.

JOKE

Peter Kay: "My dad always used to say fight fire with fire, which is why they threw him out of the fire brigade."

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Follow Tommy on @*TheTommyBoyd*

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Chichester Herald is a community newspaper available to self-selected postcodes every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83 000**.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at less one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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Round the clock response to floods in West Sussex wins praise

WORKERS at West Sussex County Council have been flat out over the Christmas holiday and New Year period reacting to the bad weather affecting residents across the county

High tides, combined with heavy rainfall and strong winds, caused outbreaks of flooding throughout West Sussex.

In some locations record levels of rainfall fell during December.

West Sussex County Council reacted to help residents and communities affected

Seven hundred and fifty 'incident calls' were dealt with by the County Council outside normal working hours between December 23 and January 7.

Of these, 250 were flooding related, while another 250 were to do with fallen trees

Another 250 calls were received to deal with other incidents

The County Council worked tirelessly with West Sussex Fire and Rescue, the Environment Agency, Southern Water and the six district and borough councils as part of the response effort

Widespread flooding damage to people's properties was avoided, in some cases because of work co-ordinated by the County Council and other agencies last year to prepare against flooding

The efforts won praise in the House of Commons last week

County Council Cabinet Member for Residents' Services, Lionel Barnard, said: 'Our staff have been tremendously busy – at all hours – dealing with the fallout caused by the floods

"Unfortunately when you get this volume of water it has to go somewhere

"I can assure residents we are doing everything we can to make sure problems they have encountered are being dealt with"

Last year, the County Council launched its Operation Watershed programme

Among its aims was a commitment to carry out over 100 drainage improvement projects at locations worst affected by floods

All these works completed so far have been fully, or partially successful, compared to last year

Three extra gangs have been deployed to deal with the potholes which have started appearing on the roads

Seven hundred and twenty two potholes have been reported to the County Council since January 1.

Uprooted trees or branches that have fallen in private ditches have also caused some problems

Blocked ditches and watercourses can prolong drainage problems or stop water draining away properly

County Council Cabinet Member for Highways and Transport, Peter Montyn, said: "At times like this we really do need the help of the public

"If you come across a tree that has fallen in your private ditch, we ask for your help in clearing it.

"It can prevent all manner of problems for neighbours and your community further down the line."

For more information about flooding in West Sussex visit www.westsussex.gov.uk/flooding or follow @WSCCNews on Twitter

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Appeal after man dies in A27 collision at Emsworth

POLICE are appealing for information after a man died in a collision on the A27 at Emsworth, Hampshire.

Shortly before 8pm on Monday (January 13), a blue BMW car heading east left the carriageway to the nearside just before the Shell petrol station.

The vehicle collided with roadside furniture and trees before coming to rest.

The driver, a 25-year-old man from Bognor, was taken to St Richard's Hospital, Chichester, but was later pronounced dead.

The incident was one of a number of collisions on that stretch of road last night on both carriageways.

Inspector Steve Wakeford from the Roads Policing unit said: "Monday was extremely busy for all Roads Policing officers throughout the entire day with drivers affected for long periods of time.

"On the A27 we were called to assist with a number of road traffic incidents between 8 and 9pm with this incident being the most serious.

"Sadly a driver died as a result and we are now investigating the circumstances leading up to it.

"It's too early yet to say what caused the collision, the investigation team are looking at all aspects including the inclement weather prior to and around the time of the incidents.

"We would like to hear from anyone who witnessed the collision or has information that can help with our enquiries."

Anyone with information is asked to contact the Fratton Roads Policing unit, quoting Operation Santini, on 101.

• POLICE were called to the A286 Birdham Road near Chichester on Wednesday (January 9) at 4.40pm to a two vehicle collision.

A silver Vauxhall Astra heading north and a silver Citroen Berlingo heading south collided head on. The 20-year old male driver of the Vauxhall from Chichester had serious injuries and the 63-year-old woman driver of the Citroen also suffered serious injuries. Both were taken to St Richard's Hospital.

Anyone who witnessed what happened is asked to contact police on 101 or email collision.appeal@sussex.pnn.police.uk quoting serial 1042 of 8/1.

Could you help with the investigation into the death of Barry Boyce?

POLICE are trying to trace the last movements of a man whose body was found on a local beach.

The body of Mr Boyce was found on the beach at the end of Dark Lane in Bognor Regis at 10.20am on Wednesday 11 December.

The death is not being treated as suspicious but the officers preparing a file for the West Sussex coroner are trying to trace Mr Boyce's movements between 9 December, when he was last heard from, and 11 December.

Mr Boyce, 69, had recently moved to Aldwick Street in Bognor Regis from Chichester.

He was white and had white hair and a well trimmed short white beard.

He was wearing black corduroy trousers, a long sleeved thin black sweatshirt, black socks and brown Blue Harbour deck type shoes when he was found.

Coroner's officer Karen Hawes said: "We need to hear from anyone who saw or spoke to Mr Boyce in the last three days of his life. Please contact us with any information you might have so we can piece together where he went and when."

Anyone with information should call 101 quoting Operation Comet, call Karen Hawes on 01243 843651 or email 101@sussex.pnn.police.uk.

Former police officer jailed for sex offences involving a child

AN EX Police officer has been sentenced for sexual offences.

Michael Defries, 58, from Barnham, appeared at Lewes Crown Court on Friday afternoon (January 10) for sentencing after pleading guilty to two counts of historical sexual touching against a 12-year-old girl.

Defries, formally a police sergeant with British Transport Police, was sentenced to two years in prison and was made the subject of a Sexual Offences Prevention Order for 12 years.

Detective Inspector Lee Horner said: "We welcome this sentence, which sends a clear message that such offences - no matter when they occurred - will be investigated and the offenders brought to justice.

"Sussex Police will always take accusations of this nature very seriously no matter how long ago they occurred, and anyone who comes forward can be confident that they will be dealt with sensitively, compassionately and confidentially. I would urge anyone who has been the victim of any form of sexual assault to contact Sussex Police on 101."

• A MAN was arrested this week (Wednesday, January 8) on suspicion of GBH in connection with a man who was stabbed in Bognor.

Police were called to Orchard Way shortly after 10pm on Monday (January 6) to reports a 27-year old man had been stabbed. He was taken to hospital where he remains in a serious but stable condition.

A 27-year-old man from Lewisham in London has been arrested for GBH. He has been bailed until February 13 while investigations continue.

Anyone with information should please call 101 quoting Op Wyndham. Alternatively contact the independent charity Crimestoppers anonymously on 0800 555 111.

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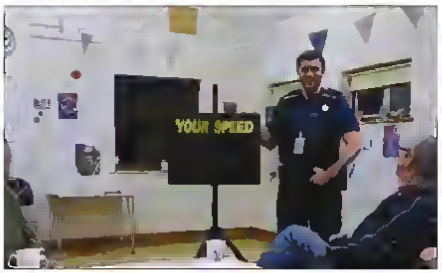
Sussex Police trains volunteers for Community Speedwatch



A TEAM of a dozen volunteers are now ready to monitor speeds on our new 20mph streets in Chichester after completing training with Sussex Police on Tuesday evening. Volunteers will be taking speed indicator devices onto Chichester's streets in a few weeks' time.

Flyers will also be delivered to recruit new members for Community Speedwatch and more training sessions will be organised in the coming months.

Sarah Sharp said: "We are looking forward to helping to educate drivers about 20mph limits and working together with our PCSOs to bring about safer streets for all."

Should you like to get involved in monitoring the speed on the city's streets, please contact Sarah Sharp on 07789 843556 or chichester@20splentyforus.org.uk or Frank Bartlett on 07704 135554 or your local PCSO. To find your local PCSO (Police Community Support Officer) please log on here www.sussex.police.uk/help-centre/your-local-district/chichester

North Chichester CLC to decide on proposed one-way traffic

A ONE-WAY traffic order for Lutener Road, Easebourne, will be considered by members of North Chichester County Local Committee (CLC) later this month.

The Committee will meet on Tuesday, January 21 2014 at Rogate Primary School, Rogate, Petersfield, GU31 5HH.

They will consider a report following the public consultation about the Lutener Road proposals and will be asked to decide whether to proceed with the one-way traffic regulation order.

The latest applications for Community Initiative Funding (CIF) are also on the agenda, while residents will be able to raise any issues or concerns they have during the regular 'talk with us' open forum.

Committee Chairman Michael Brown said: "It is always pleasing to be able to help projects in the North Chichester area.

'Many deserving causes have received assistance through CIF in the past, and I am sure we will be able to help many more.

'I would encourage any local groups or organisations to find out more – they may well be able to benefit from our help.'

To view the agenda or to find out more about Community Initiative Funding, please visit the County Local Committee webpages at www.westsussex.gov.uk.

Tell us what you think: Citizens Advice Bureau

AN ONLINE survey has been launched seeking residents' views on the Citizens Advice Bureau service in Chichester and West Sussex.

It will be looking at how well known the Citizens Advice Bureau service is across the county and how effective it is when helping residents – although it will not be asking for the reasons people may have turned to the service for support.

The survey runs until Friday February 14 2014 and can be found on the West Sussex County Council website, www.westsussex.gov.uk/haveyoursay, under 'live consultations'.

Cabinet Member for Community Wellbeing Christine Field said: "We are asking residents what their experiences of the service have been.

"Finding out about people's experiences and what worked, or what perhaps didn't work quite so well, will help when developing the service for the future."

In West Sussex, the County Council works in partnership with all of the District and Borough Councils fund the Citizens Advice Bureau to provide advice services across a variety of locations in West Sussex.

When this service was reviewed by a Joint Scrutiny panel last year, it was agreed that it would be helpful to take account of the views of the residents using the service – both in terms of what worked and what could be improved – using a public survey.

The results from the survey will provide countywide independent feedback which will be used to develop the service.

mind Coastal West Sussex Friends in Mind

Events for people with an early stage dementia

A planned programme of different and stimulating regular events, recognising the needs of those people living with an early/moderate stage dementia who feel their social life may be slipping away. Carers also welcome.

The Novium, Wednesday 29 January 2014. 2pm. Join us for a short guided tour of Chichester's museum. Afterwards private viewing of objects through the ages, inc photos, textiles, games, Roman and military artefacts. Cameras permitted!

Followed by a sociable afternoon tea.

Contribution - £2 per person. To reserve your place, phone 07507 164859, or email ourcafe@coastalwestsussexmind.org

(The Woolstaplers Room will be available for anyone not wishing to take the tour. There will also be the opportunity to look around the museum at your own pace, after tea).

An initiative of the Chichester and Bognor Dementia Care Forum. Supported by the Healthier Chichester Partnership, Coastal West Sussex Mind, Carers Support West Sussex, Alzheimer's Society and the people of Chichester

CAT AND RABBIT RESCUE CENTRE

Sweet family need caring homes

TWO YEAR OLD Ellen arrived with us on the 14th May 2013 after being a stray for 2 months. She was pregnant when she arrived and on the 24th May she gave birth to her kittens. Two of her kittens are now neutered and still waiting for homes: kf90-13 a white and tabby female and Km89-13 a white and black male. Ellen is a lovely playful cat who enjoys a fuss. The kittens are a little bit shyer than their mum but with time they love to play and enjoy a stroke. Ellen would be fine to go to a home on her own whereas the kittens may prefer to go to a home together. They have never had a home and only know living in a pen so being together may help them as they can support each other.

It's nearly time for our Feral night sleepout where all the staff will sleep out in the barn for a night to raise awareness for stray abandoned cats living outside. Money raised will go to improvements on our barn to help keep out drafts and keep the animals warm. Donations can be made via http://uk.virginmoneygiving.com/team/feralnightsleepout Or you can donate by phone using debit cards or post, cheques payable to CRRC.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat, an un-neutered kitten is £70 including a free neutering voucher for when the kitten is old enough (to be neutered at the centre). All cats leave with vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks.

Homing by appointment 7 days a week.

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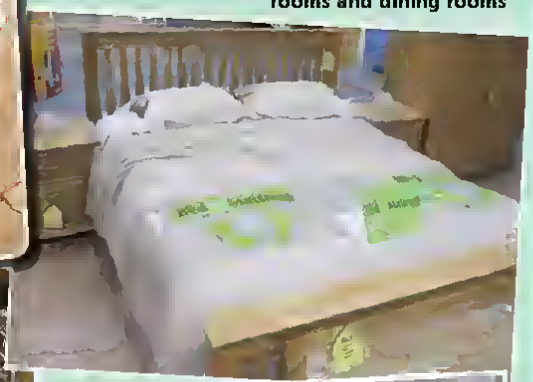

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New district commander for Chichester

JUSTIN Burtenshaw, the new district commander, moves to Chichester from Brighton where he has been for his 16 year career at Sussex Police.

He said: "Most recently I have led the Safer in the City Team at Brighton which deals with all aspects of community safety and partnership work. This work includes antisocial behaviour and hate crime, street community work, youth and intervention work and engagement with different communities and travellers as well. I also ran the investigation team for Brighton and Hove Albion Football matches.

"I am keen for my teams to think of innovative ideas to benefit the wider community. An example of this was the Alcohol Diversion Scheme that I introduced in Brighton in 2012 to tackle binge drinking and alcohol related crime and anti-social behaviour. This scheme was recently launched across West Sussex and will undoubtedly have similar successes that we have seen in Brighton.

"Outside of work my big passion is sport. I am a huge Tottenham Hotspurs fan, so I am often grumpy on a Saturday afternoon when I am not working, watching Spurs or spending time with my family, you will find me relaxing by a lake, fishing. I live in West Sussex with my wife, 11 year-old daughter and Bouncer the Border Collie.

Justin Burtenshaw takes on his new role in Chichester

He added: "Becoming District Commander for Chichester will be both challenging and exciting for me. I've inherited an amazing team of officers and staff with a strong sense of identity and team spirit. These are key reasons why I am so excited about my new role. I know that partnership working is also a strength within the Chichester District and I relish the opportunity to develop this further."

Outgoing district commander Tanya Jones takes on her new role of Detective Chief Inspector of Crime Manager for West Sussex Division.

She said: "I thoroughly enjoyed working in Chichester as the district commander. I had the pleasure of working in a really great city with a great community spirit, a fantastic team of officers and alongside some committed partner agencies who I have been honoured to work alongside."

Bedtime Story Magic

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

THERE IS nothing more magical than a bedtime story!

Your child snuggles up next to you in bed while you take them on a journey full of wonder and excitement and beautiful pictures.

However stressful the day has been, a bedtime story is a chance for you both to relax and share something very special.

There is lots of evidence to show that reading your children stories at bedtime can help them in many ways. A child who is read to every night is likely to become a better, more confident reader and writer when they are older.

A bedtime story teaches children how to listen and how to use their imagination. And it teaches them something else very important – how to solve problems. Even the characters in the simplest picture books have problems they need to overcome. Spot needs to find his bone- and he always does, Mummy Duck needs to find her lost ducklings- and they always come back. Many children find it difficult to sleep because they are worried or anxious. Reading a story to them at bedtime can really help because the problems are always solved and there is always a happy ending. Often your child will ask you to read the same stories again and again. Boring for you, as a parent, but very important for your child. Knowing the same things happen to their favourite characters every time and that the ending never changes, makes children feel that their world is safe and predictable as they drift into sleep.

And reading bedtime stories shouldn't stop when your children go to school. As they get older, you can read chapter books with them.

If you read a chapter each night your children will start looking forward to going to bed, just so that they can find out what's going to happen next. And before you know it, your daily bedtime battle will be over!

Your children might TELL YOU that they would rather watch TV or play on a computer game than listen to a story. But it is very important that all those things are turned off at least 30 minutes before they go to bed or they will find it very difficult to get to sleep. A bedtime story will help them relax and calm down and after a few days of listening, they will realise just how special they are.

Many parents say that they are too busy or too stressed to read to their children every day. But it doesn't need to be for long, even 10 or 15 minutes of your time at the end of a day can make a life time's difference to your child.

And it might even help you relax too.

So if you haven't made a New Years resolution already, perhaps it could be this: start reading a bedtime story to your children every day and bring the magic and wonder of stories into their lives.

You could always begin by putting on your pyjamas and coming to listen to a bedtime story at Chichester Nursery School, Children and Family Centre on Saturday 18th January.

Doors open 5.45, story-telling starts at 6pm.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01243 642950. Website: www.chichesternur w-sussex.sch.uk

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Sarah's Testimonial

"I'd heard about the Hypoxi studio from a family member who had recommended it to me as an alternative way to lose the baby weight I had gained & desperately wanted to shift.

I was a bit sceptical at first, but after looking online at their home page & reading some of the testimonials by real people I was very intrigued.

I'd put some weight on before I fell pregnant with my second child & then naturally I put more weight on during pregnancy I wanted to lose it as quickly as possible but I needed help. I had two very important events coming up one of which I was asked to be 'maid of honour' for my best friends wedding & naturally I wanted to look & feel at my best!

With the help of the Hypoxi coaches I managed to loss 42.9cm in just 6 weeks! I was over the moon & feeling so much more confident & happy I did make sure I followed the healthy eating plan that Hypoxi suggest to get the best results & help the inch & weight loss, it wasn't hard to do just a bit of planning as you would expect. Three times a week for just ½ hour was much easier to fit into my day rather than a couple of hours at the gym three times a week!!

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- Sarah, 26 yrs."

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Very hard cheese if Union Jack takes a bashing

Allis Moss

On the Case

WEIRD as it seems, this could be the last January with the Union Jack. The referendum on whether the Scots want independence is fast approaching, just nine months away. I have Scottish friends who've declared for both positions while fervently hoping myself that Scotland stays and the United Kingdom endures. My late father's truest friend was 'Scottish John' – an affectionate nickname used to distinguish him from a long list of other friends all called John.

For now the year is young and Britain, as we know it, still exists.

The indulgences of the last few weeks are still clinging on like early-morning mist. Putting one's nose to the grindstone again is a shock. As we say no to the biscuit barrel and shoo away the marzipan cake and Ferrero Rocher chocolates, with Ker plunk and Monopoly back in storage, we're in need of a new diversion to navigate the January doldrums. As mild entertainment this week we got a row about France and Britain – thankfully still including Scotland. Who's got the best trains? The best roads? Hospitals? Cheese? Wine?

Argy-bargy

Alright, wine's probably not worth bothering with. But Health Secretary Jeremy Hunt won't concede easily as he dips his toe in a familiar spat as well-trodden as a Ho Chi Minh sandal.

"We may face stiff competition from the French on cheese and wine," says Mr Hunt, "but there's a reason the NHS makes us more proud to be British than any other institution."

Locum Hokum

While I accept it's possible that a plump Camembert, even one ripe enough to make the nostrils quiver, can be licked into second place by a good farmhouse Cheddar or a Wensleydale as long as it's crumbling – it seems out of place to boast about the NHS now. We need to make it great again first. Then we can do that. Right now, the pace of working towards that feels like watching paint drying, even in matters of life and death.

A&E posts

This week we learned that half the consultant posts in Britain's emergency units are unfilled because no one wants them. Instead our A&Es are understaffed. Rather than 10 consultants per unit with 16 for the larger ones as recommended, the College of Emergency Medicine suggests that, on average, there are less than eight consultants for every A&E. A vicious circle ensues. Long, unsocial hours for overloaded doctors are apparently being tackled but according to health minister Dr Dan Poulter the problem was first flagged up a decade ago. In the meantime hugely expensive locums are plugging the gap in emergency units, earning more than their often better-qualified colleagues with the agencies that placed them reaping the dividends.

Hard cheese

Meanwhile... in another country not so far away... our French friends have problems of their own. Their first lady has been receiving emergency care herself. First, austerity measures and unemployment, now more trouble in the shape of a presidential love triangle.

France's Closer magazine, which once snapped Prince William and a topless Kate sunbathing in their back garden, has now turned its Sauron-like eye on its own head of state.

In response, a commentator said it didn't look good to see President Francois Hollande 'frolicking' about while others are struggling.

If the alleged affair with an actress is true, he won't be the first President Francois to have publicly played away. Margaret Thatcher's mate, President Mitterrand, had a hidden life, a second family. No effort was spared at keeping the existence of a daughter secret until it became public two years before Mitterrand's death.

Smile... you're on camera'

I wanted to film diners in a select Parisian restaurant a while back, for a TV feature on French food. Naturally, I had to ask permission of the maitre-de. The reply was swift and unequivocal.

'Non!" he said, all shrugs and discretion.

The reason – three of the men were lunching with their mistresses. They didn't want to appear with them on camera, I was told, especially since they habitually took their wives out to the more downmarket brasserie part of the establishment next door.

And finally

I had cause to wonder where the phrases argy-bargy and cock a snook come from. Well, we have a country not so far away to thank for both. The first is from the wonderfully onomatopoeic 'argle-bargle' meaning an argument to-and-fro. And snook or snoot is a variant of the Scottish word for snout – so it's a nose tilted in disdain. Yes, I'm thankful, grateful and proud the Scots are in the Union and come September, will be putting up my Union Jack towel last seen for the Queen's Diamond Jubilee. Together, lang may our lum reek – long may we prosper together.

Contact Allis. allis.moss@chichesterherald.co.uk

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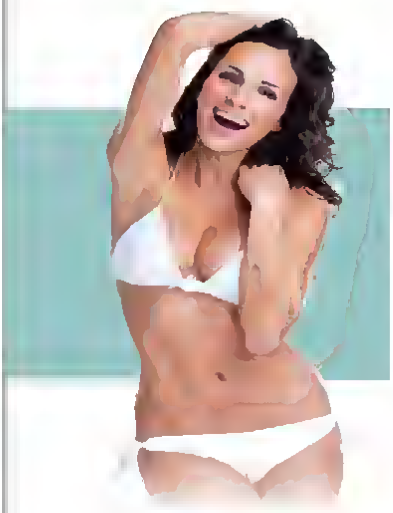

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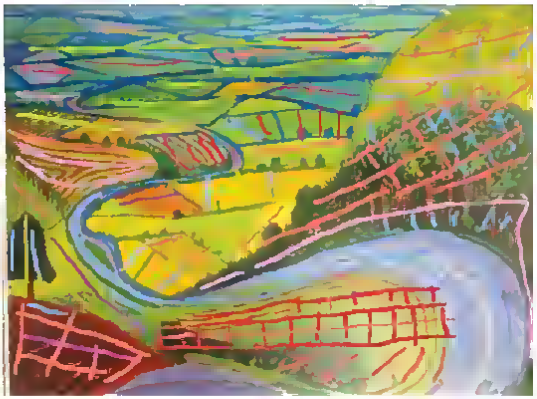
Artists with learning disabilities sell work online

ADULTS with learning disabilities from West Sussex County Council's Starburst Arts are being supported to sell their work through an online gallery.

Called Art Out There, this is a growth of its OUTBURST initiative by the Chichester based project, which has been trying to make the work of the artists more visible within the wider community.

The artists are creating online galleries of their work with support from staff from the Chichester-based Starburst Arts, which is based at the Wrenford Centre.

Recently Starburst Arts ran a project called 20ME12 in which iPads and iMacs were used to make works of art. Participants were then supported to upload their work onto the internet via the Starburst Facebook social networking site.



The artists involved in that project said they wanted to develop and explore more ways of using technology, not only to create artwork, but also to connect with their community – hence the decision to create the online galleries. This has led to the idea of promoting artwork for sale online, as well as by the traditional means of exhibitions and commissions.

Starburst Arts are continuing to add new artists and support their existing artists to put new artwork on their galleries to ensure they stay up to date.

Artwork from the galleries will also be shown in local venues.

Artist Phillip Judd said: "I like it that people can see what I can do, it makes me feel included in the community. I enjoy updating my Weebly page, I can do that by myself now. I also really like the response I get when I'm on the Starburst Facebook page."

Fellow artist Marc Talmage said: "It makes me feel good that somebody has bought my painting. Making some money is fantastic, I'm going to use it towards my holiday."

Peter Catchpole, West Sussex County Council's Cabinet Member for Adult Social Care and Health, said: "These are some very talented artists so I welcome this initiative. I would encourage members of the public to take the time to log on to view their work."

The artists' work can be seen at http://starburstartoutthere.weebly.com/

Starburst Arts are also encouraging people to follow them on their on their Facebook page https://www.facebook.com/pages/Starburst-Arts/278237188841034.

For further information on this initiative email starburstarts@hotmail.co.uk.

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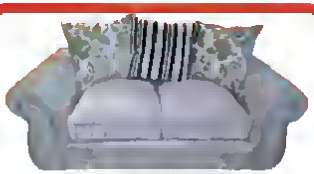

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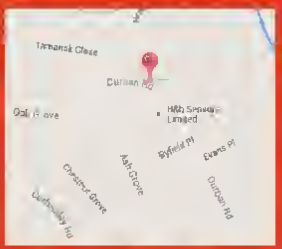

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Pubs, passwords and potholes

Potholes seem to be creeping up everywhere again in Chichester

Dean Adams
Chief reporter

I AM STRUGGLING to find a pub to go to these days without realising it is now a Co-op or a Tesco Extra!

Are they both on a mission to buy any spare building or a quiet pub so that we get swayed towards their beer aisles instead?

It's such a shame that so many pubs have gone under. Was it the smoking ban? Was it the price of a pint? Or is it because supermarket alcohol is so much cheaper and it's easier to sit at home?

Whatever the cause, it's a shame. I still love my pubs and this week I had a meeting at the Royal Oak at Lavant which is one of my favourites as well as the Crown & Anchor at Dell Quay. I know pubs heavily rely on their food takings and these two favourites have never let me down. I was also impressed with the Anchor Bleu at Bosham recently which is pretty much the perfect pub in my eyes!

Let us know what you think @Chiherald

I give up...

PASSWORDS. After 20 million attempts at logging onto my Sky account I've now been locked out.

I now have 14 passwords for various log in sites on my laptop. The reason I can't stick to one is because some need to be longer than others, some need numbers as well as letters and some you decide on don't get accepted. It's crazy. So you have to write them all down and then hide that piece of paper in a locked cupboard. Surely there is another solution out there to all this madness and forgetting passwords?

Where does my tax go?

THERE'S a pothole down College Lane in Chichester that resembles a Turkish road after an earthquake. I have these run-flat sporty tyres on my car and hitting these potholes is like driving into a wall.

If I pay my road tax but damage my car on the council's roads, isn't that like paying for a bottle of champagne but being served Cava?

Could the council do something about this please?

Alexandra Bastedo 1946-2014

I WAS very sad to hear the news that the amazing Alexandra Bastedo had passed away this week. She was an incredible lady and such a wonderful lady to be in the company of. As per our front page picture this week, she was truly beautiful on the outside but even more beautiful on the inside. Her work on setting up the animal sanctuary at her place in West Chiltington is nothing short of amazing and if you have the time to help support this place then please visit www.abcanimalsanctuary.co.uk

Photo of the week

#Chichesterphoto

SLB Style @SLBStyle 14th January 2014
The best place to eat in Chichester http://www.slbstyle.com/the-city-of-chichester/ @Trents_Chi fabulous #food

Win a meal for 2 at Murrays

Murrays

Chichester Herald is partnering with Murrays to offer a fabulous meal for two people every week.

The Chichester Herald will be running a weekly competition sponsored by Murrays. Each week we will ask a question relating to the area and every week we will ask a different question.

For your chance to win this week please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to **news@theshiphotel.net**

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Entries close on Wednesday 22 January 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was Tangmere Museum

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2014 Chichester Harbour News published

A CELEBRATORY issue of the Chichester Harbour News and Guide is now available.

Throughout 2014 they are celebrating 50 years of being an Area of Outstanding Natural Beauty. Articles in the Harbour News reflect on the history of the designation and look at the challenges ahead. The magazine also features articles on classic sailing, harbour side churches and interviews with authors who have used the harbour as a location in their work.

Pieter Montyn, Chairman of the Conservancy said: "I'm sure local people and visitors alike will enjoy reading this issue of the Harbour News. I particularly enjoyed Geoffrey Palmer's trip down memory lane to a sailing adventure he had as a boy in the 1950s and Janet McMeekin's article on learning to kayak in Chichester Harbour."

Siún Cranny, Director of the Conservancy added: "The Harbour News is a useful reference document, including items such as tide tables and navigation guidance, complemented by a number of entertaining and informative articles. The demands of a busy harbour and a fragile environment require careful balance. This year's Harbour News, marking an important milestone in our development, celebrates our achievements in this respect and recognises the commitment of many who have provided support and worked with us over many years."

The Chichester Harbour News and Guide is free and can be picked up from the Harbour Offices at Itchenor or Emsworth Office, local libraries and tourist offices and many businesses throughout the Chichester Harbour area.

If you would like a copy of the Chichester Harbour News please email allie@conservancy.co.uk.

New replaces the old

VILLAGERS have celebrated the planting of a new tree by their parish hall, to replace a much-loved beech that had to be cut down after standing for hundreds of years.

The new tree, a red oak, was planted by Rev Frank Wright, rector of St John's parish church in Westbourne, and Peter Couzens, a member of the congregation, in a ceremony attended by church members last Sunday.

Mr Couzens donated the tree in memory of his late wife Christine.

Mr Wright said: "We were all sad when the huge old beech tree reached the end of its life and became unstable, and had to be cut down. The new one is a lovely way to remember Christine, who is very much missed too. We planted the new tree in the hope that when people in the village pass it, they'll think about the hope of renewal that God gives each of us."

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National News

Charlie Webster speaks of teenage sex assault

TV PRESENTER Charlie Webster, best known for her work on Sky Sports and Sky Sports News, has revealed that she was sexually assaulted as a teenager.

The 31 year-old told BBC Radio 5 live's Phil Williams she was waiving her right to anonymity in order to "break the taboo about abuse as a whole".

She is due to embark on a 250-mile, seven-day run between 40 football grounds for the charity Women's Aid.

The assaults were carried out by her athletics coach when she was 15.

"I got quite close to the running coach because you do," she said.

"You start to trust them when you're a young kid, and he started to take me for a few private sessions because he said I was good and I could do with some extra sessions because that would really help.

He abused the fact that I was an innocent person who wanted his support and his compassion and his care as my running coach."

The man was later sentenced to 10 years in jail and put on the sex offenders register for life.

"He was a male role model to me," Webster told 5 live.

"You should never touch a young girl anyway, but he very, very manipulatively and very slowly sexually assaulted me."

She said that she had not told anyone at the time because she did not know it could be reported.

"I didn't understand. I really lacked confidence. I didn't know what he was doing was wrong."

She added: "Not one time in my head did I think 'I'm being sexually assaulted', because if I did, I would have done something about it."

At the time, she said, sexual abuse was "one of these taboos, like domestic abuse is now".

In the end it was another, younger girl who began to record the abuse and contacted the police.

Webster said: "That's why I'm here [speaking on radio] as well. It might help someone else bring it to light. I want to break the taboo about abuse as a whole."

Sheffield-born Webster starts her 250-mile run on Sunday 26 January.

Windsor and Maidenhead donations: Two people respond

A COUNCIL that invited residents to donate money they had saved after their council tax bills were cut received two responses.

The Royal Borough of Windsor and Maidenhead offered residents the chance to donate the cash after reducing council tax for four years in a row.

The authority said two residents offered to return the difference in their bills – totalling £433.

The council said it intended to run the "donate back" scheme again in 2014.

Finance councillor Simon Dudley said the low response "proves beyond a doubt that, in financially difficult times, our residents do indeed welcome local tax cuts".

For the opposition, Councillor Malcom Beer, leader of the Old Windsor Residents' Association group, said: "I'm sure everyone welcomes tax cuts but the people who are not involved don't appreciate those cuts are impairing services.

"There's a fairly widely held view – between non-Conservatives and Conservatives who don't like to express it in public – that the cuts have been too deep.

"If anyone wants to donate their savings, they will no doubt be used for valuable projects."

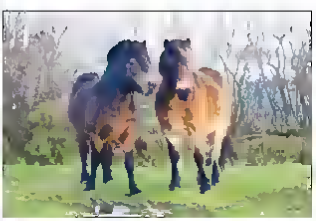
In 2011, the Conservative-controlled council announced 70 jobs would be axed as part of budget cuts.

According to council figures, council tax payers would have been between £60 and £183 better off in 2013/14 and between £161 and £484 better off over the four year period.

There are about 60,000 households in the Berkshire borough.

The residents who donated money were given the option of choosing a service to send it to, including facilities for young people, better public transport and pavement repairs.

Acorn glut kills 90 New Forest ponies and cattle



A GLUT of acorns resulted in the deaths of 90 New Forest ponies and cattle in the latter half of 2013.

The Verderers, who oversee the forest's commoners and their animals, said they would usually expect about eight deaths in a year but rarely more than 30.

Acorns are toxic to most livestock animals but not to pigs, which are released to eat the nuts every year.

There were also 182 collisions involving livestock in 2013, resulting in 72 animal deaths.

Acorns contain toxic tannins that cause ulceration in the digestive tracts of most livestock animals, eventually causing kidney failure.

The number of acorn poisoning deaths usually rises during 'mast years' – when fruiting woodland trees produce a bumper harvest.

From 1 August to 31 December 2012, five animals died, and in 2011 there were six. The last mast year was in 2010 when 27 ponies and five cattle died.

Figures show 2006 was the worst season in recent years, with 47 acorn poisoning deaths.

Although the pigs eat a large number of acorns, they are unable to clear up huge number shed by the thousands of oaks across the 219 sq mile (566 sq km) national park.

Figures also show that in the 12 months to 31 December, 182 incidents were reported, compared with 135 in 2012.

A total of 26 livestock animals in the forest were killed by vehicles and 46 were so badly injured they had to be destroyed.

A further 32 were injured but survived.

The majority of the animals hit were ponies or cattle, but pigs, donkeys and sheep were also among those injured.

News in Brief

- Birmingham landmarks like the NEC could be sold to pay legal claims over equal pay totalling more than £1bn, the city council has said. The authority has agreed settlements with thousands of women who were paid less than men who did equivalent jobs.

- Almost 70% of contracts for NHS services in England between April-December 2013 were won by private firms, a campaign group claims. NHS reforms mean 'qualified providers' can bid to provide clinical services, such as scans and out of hours care. The NHS Support Federation, which opposes a competitive market in the NHS, said that, of 57 contracts awarded, 39 went to private firms. The government said the figures were "selective and misleading".

- Hundreds of thousands of people across Britain have taken out a payday loan to meet their housing costs, research for the charity Shelter suggests. Of the 3,675 renters and mortgage payers surveyed, 2% had taken out the high interest short-term loans in the year to November. Overall, 19% had borrowed money – other than the mortgage itself – mainly by using credit cards.

- A letter has been sent to Portuguese authorities requesting help with the UK police probe into the disappearance of Madeleine McCann, prosecutors say. The Daily Mirror said it was thought officers wished to question three burglars working in the resort where Madeleine went missing.

A radio announcer was in a "panic" as DJ Dave Lee Travis grabbed her breasts when she was broadcasting live on BBC Radio 4, his trial has heard.

The woman, who was a 26-year-old BBC trainee at the time in the 1980s, said she was frightened she would mess up the announcement on Radio 4.

Mr Travis, 68, whose real name is David Griffin, denies indecently assaulting 11 victims between 1970 and 2008.

Chichester Business

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New year new start for businesses in West Sussex wanting to employ young people with the help of new business partnership

Chichester MP Andrew Tyrie will be at the lunch

HELP for local businesses and employers on apprenticeship opportunities, employing young people and a wide range of learning opportunities and networking will be on offer at a business lunch in Chichester College on Friday, January 17.

The business lunch attendees will hear about opportunities, incentives and support available when businesses employ a young person in West Sussex. As well as hearing from high profile speakers such as Chichester MP Andrew Tyrie, they will have the chance to talk to council officers about the grants and other support they could claim when employing a young person.

The event will be the beginning of a new business support partnership with the Federation of Small Businesses, Chichester College, West Sussex County Council, Chichester Chamber of Commerce & Industry, National Apprenticeship Service and Chichester District Council.

Chris Heaps, Federation of Small Businesses Arun & District Branch Chairman believes apprenticeships should be more established in West Sussex, he said: "Apprenticeships are a great option for small businesses and we have held successful events similar to this in Surrey in 2013 and are keen to do the same in Sussex for 2014."

Local businesses such as F&G Transport, who are a storage and distribution specialist based in Bognor Regis and who currently employ a business administration apprentice, and Springhouse Solicitors, based in Apuldram, Chichester who employ a Marketing Apprentice, are already supporting the partnership and the excellent opportunities it will offer their business.

Local businesses attending the lunch will have the opportunity to meet Chichester College who will provide further support, and find out from the National Apprenticeship Service whether taking on an apprentice is right for their individual company. There will also be details of the various business grants available to local businesses, and it is surprising just how many there are.

The new business partnership plans to run further events in the region throughout the year to promote this exciting and rewarding opportunity for employers and their company.

Chichester College and prestigious local dignitaries want to highlight that all businesses in West Sussex are welcome to attend these events, but places are limited but can be confirmed by registering through the Chichester College website.

The business lunch with Andrew Tyrie and the other partnerships listed above will take place from 12.30pm to 2.30pm on Friday January 17. A free buffet lunch with drinks will be provided lending to excellent networking opportunities.

Wagamama, Chichester opens their doors to hungry fans

WAGAMAMA has now opened in Chichester. On Monday 13 January after nearly 1,000 fans of the pan-asian restaurant signed a petition for it to open in the town, the highly anticipated restaurant is expecting to welcome thousands of diners over the coming weeks. The restaurant launch was kickstarted with a special preview lunch for the petitioners on Sunday 12 January. Wagamama CEO David Campbell personally thanked all petitioners for their support in campaigning for the new restaurant, creating 35 jobs for the town.

Customers at the new restaurant can enjoy Wagamama favourites such as the chicken katsu curry and yaki soba, as well as special dishes from the autumn + winter menu, including the grilled duck ramen and maki maki curry. Mini noodlers will also love the children's menu, which was recently named by the soil association as one of the best in the UK for choice and quality for kids.

"We have a hugely loyal fan base in Chichester and we're looking forward to welcoming all of our existing noodle fans as well as lots of new diners too," said the restaurant's general manager Michelle Rodrigues. "It's great to be opening in the city centre after such anticipation and finally bring our pan asian cuisine and freshly prepared dishes to Chichester."

Group bookings can be made for parties of six or more and the restaurant also offers take-out via either the Wagamama iphone app, over the phone or for customers to just walk in to order.

With helpful, friendly service and value for money, food fans have fallen in love with Wagamama's menu of pan-asian dishes. Wagamama prides itself on the quality and speed of its service which means dishes are prepared immediately, ensuring they arrive freshly cooked, just for you. Although dishes may be delivered at different times, the Wagamama philosophy is "don't wait – just tuck in and share".

Wagamama Chichester is located at 20 South Street, Chichester, West Sussex PO19 1EL.

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Chichester Business

Get in shape and feel great

Kick start your 2014 with Vanguard Personal Training

DO YOU WANT to get fit but don't know where to start? Are you bored of the gym and not getting results?

Based locally in Felpham, Vanguard offers independent personal training for all ages and abilities using unique training methods to help you get into the best shape you can possibly be!

If you want to try something exciting for the new year with visible results and long term benefits, Vanguard is the option for you. Group or individual sessions are available as well as boot camp sessions, flexibility and mobility sessions and intense workouts for weight loss and strength building. Contact Jon at Vanguard today to see how easy it is to get in the shape you've always dreamed of with guidance and support every step of the way.

Jon is an elite level strength athlete with over 10 years of experience in the fitness industry. With over three years competition experience as an elite level strength athlete and BSc in Sport & Exercise Science, he has a passion for helping people be the best that they can be and achieve their personal fitness and training goals. He offers bespoke personal training sessions as well as diet planning, short term and long term training programmes and general coaching and advice.

Vanguard has established a strong client base of local sports teams, ladies boot camps, injury recovery sessions, mixed group sessions and individual sessions. Using both exercise and diet planning and high intensity training methods, it is a fun and healthy way to get in shape with lasting results.

Vanguard are offering some great New Year prices on individual and group sessions and for all new January clients. If you contact Vanguard before the end of the month, you can qualify for their 2 for 1 training session and get your second training session absolutely free. Individual sessions start from just £25 and last for around 1 hour.

Sessions are carried out at the Felpham Inspire Leisure centre but you do not have to be a member of the gym to attend.

Contact Jon today to see how Vanguard can help you get in shape and feel good in 2014

Jon hobson@hotmail.com
07581314025
www.vanguard-training.co.uk

Best skincare solutions at Q Hair and Beauty

THIS TIME OF YEAR it wouldn't be unusual for our skin to be dry and dehydrated from the cold weather as well as central heating. We've spoken to the expert therapist team at Q Hair and Beauty on North Street, Chichester, to find out the best skincare solutions at the salon to help ease the pain. Think New Year, new routine and be the best you can be.

Opt for one of the new Clarins' Tri-active face and body treatments that are beneficial for a host of reasons – all the products used are personalised for your skin needs, everything a great top-to-toe treatment should be.

Whether you want to increase circulation, target cellulite, or firm and hydrate your skin, this suits all needs, and it's even great for your stress levels. Try The Tri-Active face or body treatment for £53.

Maybe you're preparing for the sun in far-flung destinations. If so, exfoliating the skin at least twice a week will help those dead skin cells disappear as well as stimulate circulation and smooth the skin ready for a fresh new tan.

Exfoliation body treatments are available, but if time is precious, Clarins' Skin Smoothing Body Scrub (RRP £29) can help you achieve the results at home. Simply speak to one of the expert therapist teams in the Q salon at any time.

Q Hair and Beauty offers a wide selection of personalised treatments in the salon's tranquil treatment lofts, as well as an extensive professional beauty retail store, together with the best advice. Visit Q Hair and Beauty at 37 North Street or visit the website and download the Q App online at www.qhairandbeauty.co.uk

The Life Changer

New to the celebrated Clarins' range is Double Serum (RRP £55). It's already the best selling anti-ageing serum in the UK and what's more, it's ingredients are made up of 20 plant extracts that boost the skin functions. Perfect for use at home, every day.

Three handbag must haves

- Eye Contour Gel is great for puffiness and dark circles (£29). Use a rice-grain amount just under the eyes, working outwards, to really refresh that area, any time of day. Working in a low outward movement will drain any toxins out to leave your eyes looking bright and refreshed. As it's a light gel, it can be used over make-up too!
- Hand and Nail Treatment Cream (£20). Treat your hands and prevent any weak, brittle nails, keeping them healthy and strong. Helps to minimise age spots and protects from the cold weather.
- Lip Perfector (£17). Can be used on its own as a soft natural colour to help plump up lips and provide a spring shine while also hydrating, giving that silky-soft feel on the lips. Use over lipstick to give your lips some va va voom shine.

Arts & Entertainment

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Cineworld *Now showing at Cineworld Chichester*

Award season favourite hailed as a masterpiece

12 Years A Slave (18)
Running time 133 mins
Director Steve McQueen
Starring: Chiwetel Ejiofor, Michael Fassbender, Benedict Cumberbatch, Paul Giamatti

★★★★★

Steve McQueen's latest film is a flat-out masterpiece a magnificent, uncompromising and emotionally devastating slavery drama with a superb script stunning direction and an extraordinary central performance from Chiwetel Ejiofor

What's it all about?
Directed by Steve McQueen, 12 Years A Slave is based on the memoir by Solomon Northup (Chiwetel Ejiofor), an accomplished violinist and family man living in upstate New York, who was abducted and sold into slavery in 1841. Renamed Platt by garrulous slave trader Freeman (Paul Giamatti), Solomon is first sold to relatively benevolent plantation owner Ford (Benedict Cumberbatch), before being sold on after a violent incident to new owner is Edwin Epps (Michael Fassbender), who is a violent and abusive man. He is also sexually obsessed with one of his slaves (Lupita Nyong'o as Patsey), which infuriates his malicious wife (Sarah Paulson). Solomon however does what it takes to survive and attempts to maintain his humanity in the process, but as the years go by, Epps becomes increasingly unhinged.

The Good
Chiwetel Ejiofor is sensational as Solomon (certain to land a Best Actor nomination come Oscar time, if not the award itself), delivering a compassionate, deeply moving performance that, like the film itself, avoids easy sentimentality; pointedly, Solomon does what he can in the face of naked injustice, but he is not a heroic figure in the traditional sense and is savvy enough not to risk his life in the process. This culminates in a horrific and utterly devastating scene where he is forced to whip Patsey, one that's harder to watch than it would be to see Solomon himself being lashed.

The supporting cast are equally good, particularly McQueen's regular collaborator Fassbender, who makes Epps a much more emotionally complex character than the standard cut-and-dried evil master. There's also terrific work from Cumberbatch, Dano and Paulson, while even the smaller parts leave a powerful impression, notably Giamatti's casually breezy trader and Alfre Woodard as a former slave now living a life of luxury after marrying her besotted owner

The Great
McQueen's direction is masterful throughout – he has dropped the more arthouse-inclined leanings of previous features so that the film plays like a straight Hollywood narrative but the craft is undeniable, not least in a chilling and deeply upsetting sequence where Solomon goes saved from hanging but is left to dangle for the rest of the day with his feet barely touching the ground. The film is also packed with unexpected moments that are both jarring and unsettling, such as the sight of a defiant slave Solomon meets on the slave ship, who is joyously reunited with his master when they reach land

Worth seeing?
12 Years a Slave is a powerfully directed, brilliantly acted and devastatingly emotional drama that's almost certainly headed for Oscar glory – unmissable

Oaklands Park Community Orchard hosts pruning workshop with Sussex's finest

Peter May takes pruning workshop at Oaklands Park Community Orchard in 2013

ON SATURDAY 18 January, from 10am-1pm, local sustainability group Transition Chichester will be hosting its second annual pruning workshop at the community orchard. The workshop will be led by Sussex apple expert Peter May, who has the only nursery in the county (and indeed the UK) dedicated to grafting and growing only Sussex variety apple trees (of which there are 30). Having worked in horticulture throughout his career, more recently planting hundreds of community and school orchard in the South, Peter draws on a wealth of knowledge of the health and maintenance of fruit trees, he is also the co-author of specialist title Apples and Orchards in Sussex.

Anyone is welcome to come to the three-hour workshop, which costs just £5 (children welcome for free), but places are limited so please contact projects@transitionchichester.org in advance to secure your place. Old warm clothes are essential and secateurs provided for those that do not own.

Transition Chichester Project Worker, and volunteer with the community orchard, Ellie Garwood, says: "Unlike other pruning courses this workshop will be really hands on, not only will participants learn the theory behind pruning, but they will be invited to help us prune the 35 tree orchard, putting that theory into practice under expert guidance. We're very lucky to have Peter May coming all the way from Lewes, he really is the leading authority in Sussex fruit, we couldn't have wished for a more informed tutor."

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Steve McQueen won the turner prize in which year?**

A. 1998
B. 1999
C. 2000

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 21st January 2014 at midday. The winner will be notified later on that day. Last weeks winner was Michelle taylor from Chichester. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 6EL
0871 200 2000

New Year, new you!

Chichester Half Marathon will take place in October

SET YOURSELF a challenge and take part in one of the sports activities organised by Chichester District Council during 2014.

Events in the local sporting calendar include:

• Sport Relief Mile on Sunday 23 March. Walk, run or jog one, three or six miles through the University of Chichester and Graylingwell Park, Chichester, to raise money for a good cause;

• Natures Way Foods Chichester Triathlon and Junior Aquathon on Saturday 12 and Sunday 13 July. A sprint and Olympic distance triathlon for all ages, levels and abilities. The Junior Aquathlon is for eight to 16 year olds. Register online from Monday (13 January); and

• Children on the Edge Chichester Half Marathon on Sunday 12 October. The half marathon, now in its third year, is a challenging route with spectacular scenery. Register online from Monday (13 January). Early bird prices available until Saturday 12 April.

Plus, half term and school holiday activities run throughout the year. The February half term holiday courses include rugby, football, multisport and netball camps, and for the first time basketball and racquet sport camps.

Eileen Lintill, Cabinet Member for Wellbeing and Community Services, at Chichester District Council, says: "There is a great range of sporting challenges on offer in the Chichester District in 2014. From family events such as the Sport Relief Mile in aid of a good cause, to taking on the challenge of a triathlon or half marathon, there's something for all ages and abilities.

"For people who have never done anything like this before, both the half marathon and triathlon events provide competitors with training and nutrition support as well as opportunities to speak to the race team along the way with any questions. There will be someone to support you throughout the whole process."

Chichester Wellbeing can help you take a step in the right direction to getting fitter through schemes such as First Steps to Fitness. The First Steps to Fitness scheme helps people into exercise. It offers a free consultation and access to all facilities at Westgate Leisure Chichester and Bourne for 12 weeks. Free for four weeks and then it costs only £2 per activity for the remaining eight weeks of the course. A specially subsidised membership is available after completing the scheme. Those who join the scheme also benefit from their own first steps to fitness consultant who will motivate, encourage and advise you along the way. For more information, or to book an appointment, call 07860 782479, email info@chichesterwellbeing.org.uk or go to www.chichesterwellbeing.org.uk.

For more information about sport in the Chichester District including details of all the sporting events see www.chichester.gov.uk/sport, email sport@chichester.gov.uk or call 01243 534799.

What's On in your local area...

• Sussex Family History Groups Chichester Centre programme for 2014 starts on January 29th with the talk 'Graylingwell War Hospital 1915-1919' a local topic with WWI connections. The speaker is Katherine Slay from the West Sussex Record Office. The talk starts at 7.30pm in St Georges Church Parish Centre, Cleveland Road, Chichester (Entrance behind the church). Visitors very welcome, entrance free. Parking available. More details, (01243) 787087 or www.sfhg.org.uk.

• Creations Hair in Chichester are putting on two events for charity: Charity Poker.

If you fancy a bit of a gamble or know anyone who does, we have a charity poker match on the 26th January at the Eastgate in Chichester. It's only a £10 buy in with a first and second prize the match will start at 4pm. Please let Emma know if you want to put your name down for this on 07502225965.

The Hearts and Diamonds Black Tie Ball.

Starting at 7.30 at Rowlands Castle Golf Club on the 15th February, tickets are £40 with dinner, entertainment, dancing, the chance to win some amazing prizes in the raffle and brilliant auction prizes to bid on! Tickets are on sale now at Creations or call Emma on 07502225965.

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree Function and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.

We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BP.

More details from Andrew@andrewperryplus.com or 01243 776391.

• Chichester Art Society's new programme of workshops for early 2014 offers great opportunities to local artists. There is a relaunch of the popular Figures & Faces Workshops on Tuesdays 1.30 - 4.30pm starting January 7th for 12 weeks to March 25th. Portrait and Life Study alternate starting with Portrait Study. You can work alongside local artist Lucie Cookson who will be overseeing the poses and offering an overview of work during the session. (Non-members £11 per session or £10 if three or more booked). Limited to 20 but enquiries about availability can be made up to

A talk about Graylingwell War Hospital will take place later this month

10am on the day by contacting the Secretary (see below).

The Society's full programme of meetings and workshops for 2014 is on the website. www.ch-art-soc.org

All workshops are at Bassil Shippam Centre, Tozer Way, St Pancras, Chichester PO19 7LG (parking and easy access). Prices include refreshments but not materials. Further details from the Secretary on 01243 602360 or email jean campbell@zen.co.uk or text message 07831 666451.

• Monthly meetings carried out partially in Welsh, most in English - all levels of Welsh welcome - meetings in members houses - contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

If you would like a non profit or promotional charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here accepted and in good faith. The Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Hearty food in friendly pub surroundings

Discover home brewed ales and homemade food at the locally renowned Gribble Inn, Oving

ALTHOUGH it wasn t officially a pub until 1980, the Gribble has now become a popular meeting place at the heart of Oving village with a village shop, brewery, skittle alley, function barn, bar and restaurant all on one site The pub itself was named after local a school teacher, Rose Gribble, and draws crowds of locals and ale drinkers from near and far, with its wide selection of home-brewed beers making it a favourite in the local area

Owners, Simon Wood and Nicola Tester, have put great efforts into making the pub a cosy and relaxed meeting place where you can even order hampers of their home made preserves and produce to take home or give as presents From honey to chilli jam and pate to freshly baked bread, the pub offers a wide range of freshly cooked dishes of which at least 4 dishes on the menu feature their home-made ales

The pub boasts 20 choices of wine on the drinks menu, as well as 6-7 ales on tap at any one time The food menu is traditional, offering hearty food at reasonable prices

We tried the Scallop starter A good sized portion of meaty scallops served with black pudding, pancetta and some of the chef's home-made sweet chilli jam. An effective contrast of delicate scallops and rich black pudding, this starter is a light yet tasty start to any meal

For main course, we recommend the succulent and tender pork belly Uniquely presented, the pork belly is served in a swirl with crackling and cooked slowly for over 4 hours to create a tender piece of meat which is complimented with creamed savoy cabbage with bacon, seasoned mash and a sweet sweet cider gravy It is no wonder that this is one of their signature dishes and best sellers in the restaurant

For dessert, the chocolate marquis is a rich and velvety choice for those with a sweet tooth. A deliciously smooth and decadent slab of chocolate heaven served with a tuile biscuit and fresh raspberries

We were informed by their talented chef that the menu changes regularly to suit seasonal produce and dishes so all dishes served use fresh and locally sourced ingredients where possible

The pub is open 7days a week with occasional music nights in the skittle alley barn which can also be hired out for private parties of up to 36 people

To book your table today, contact Nicola and Simon on 01243 786 893.

The Gribble Inn, Gribble Lane, Oving, Chichester, West SussexPO20 2BP
01243 786893
info@gribblenn.co.uk
www.gribblenn.co.uk

Food and Restaurant Review

Portion size: Satisfying
Service: Welcoming
Value for Money: Reasonable
Ambiance: Traditional country pub in relaxed surroundings

Let us know what you think @Chiherald

Britain tops European unhealthy snack league table

THE PEOPLE of Britain eat more unhealthy snacks than any other Western European nation, new research reveals

In a study conducted by Fruyo – the new fruit-based snack from the makers of Total Greek Yoghurt – results reveal that Brits (41%) fill up on crisps cookies, cake or chocolate more often than people in any other of the ten nations surveyed

The bad news doesn t end there When asked if they snacked on healthy items such as fresh fruit, raw vegetables or low fat yoghurt, only 15% of British respondents – the lowest amount of any country – claimed to do so This is well behind Mediterranean countries such as Spain, at 27%, and Greece at 25%

British people snack the third most of any Western European nation with exactly two a day, but unhealthy choices mean that – as a nation – we are often making the wrong snacking decisions In fact, over a third (39%) of us admit to consuming more calories each day through snacking than we do at meal times

Furthermore, almost one in ten people in the UK (8%) regularly snacks in secret – the second highest amount, behind France, of the countries included in the Fruyo poll

When it comes to 'reasons why', boredom – for 41% of people – is shown to be the number one motivator for British snacking tendencies This is followed by the urge for an unhealthy treat (31%), a lack of energy (25%) and stress (20%).

A lack of will power may also be to blame. When asked to grade their resolve for resisting indulgent treats, Brits awarded themselves just 5.7 out of 10 – again the lowest of all the nations quizzed

Nutritionist and food writer, Fiona Hunter, said "These results show exactly how wrong many people in the UK are getting it when it comes to snacking It should be a positive occasion – using well chosen products to provide important nutrients But too many of us are instead turning to 'grazing', which involves grabbing something to fill up on that's quick, easy and often unhealthy

"When it comes to snacking, Brits need to plan ahead so that they're not caught short in a moment of hunger and think about products which are high in protein so will keep them fuller for longer, helping to resist further temptation"

Alison White, Spokeswoman for Fruyo, added "There are clear differences between the countries Mediterranean nations such as Spain, Greece and Italy eat less chocolate and crisps, and more fruit and yoghurt than we do in the UK, so we can definitely learn some lessons from them"

Further results from Fruyo's research highlight the different ways that snacking is viewed internationally. While in Greece, 57% of people use the notion of snacking to contribute positively to their diets, only 27% of people in the UK say the same

Additionally, the findings showed that

- Scotland is shown to be the unhealthiest snacking region in the UK (with a ranking of 45%)
- Meanwhile, London tops the healthy regional snack league table, with results of 17%
- Poland is revealed to be the most snack tastic nation of all On a general level its inhabitants eat more snacks – an average of 2 2a day – with the people of France the most snack-averse at an average of just 1.4 Snack-loving Polish people feature in the top five for both healthy and unhealthy consumption

The most popular time to snack in the UK is 3.04pm, potentially signalling a 'mid afternoon slump' and desire for something to eat

However, nearly a third (32%) of Brits snack after 9pm, highlighting that these people may potentially be choosing evening meals that don t fill them up properly Greek people think that eating little and often – another nod towards healthy snacking – is the best way to lose weight, but the most popular choice in the UK is to reduce portion size

Fruyo combines fat-free TOTAL Greek Yoghurt with real fruit pieces to create a natural, high protein treat perfect for snacking, breakfast or dessert It contains no preservatives, colourings or artificial sweeteners and contains just 82-93 kcal per 100g It comes in seven fruit flavours and is available at Ocado, Nisa and Waitrose, or Sainsbury's from mid-January

For further information on healthy snacking visit smartsnacking info or to find out more about Fruyo head to uk.fage.eu

PMN Wedding Fayres Ltd
Prestigious Exhibitions & Events

2014 Wedding Fayres

Sunday 12th January	Spinnaker Tower, Portsmouth (NEW)
Sunday 19th January	The Solent Hotel & Spa, Whiteley
Sunday 26th January	The Winchester Hotel & Spa
Sunday 2nd February	De Vere Venues New Place, Shirrell Heath
Sunday 16th February	Portsmouth Guildhall
Sunday 23rd February	Old Thorns Manor Hotel, Liphook
Sunday 9th March	Portsmouth Marriott
Sunday 16th March	Grand Harbour Hotel, Southampton (NEW)
Sunday 23rd March	The Holiday Inn, Titchfield
Sunday 13th April	Bournemouth Marriott (NEW)
Sunday 11th May	The Royal Marines Museum, Southsea
Sunday 18th May	The Grand, Brighton
Sunday 1st June	Old Thorns Manor Hotel, Liphook
Sunday 8th June	The Basingstoke Country Hotel (NEW)
Sunday 6th July	Cams Hall, Fareham
Sunday 13th July	The Concorde Club, Eastleigh
Sunday 31st August	Portsmouth Marriott
Sunday 14th September	The Solent Hotel & Spa, Whiteley
Sunday 28th September	Portsmouth Guildhall
Sunday 5th October	Old Thorns Manor Hotel, Liphook
Sunday 12th October	Grand Harbour Hotel, Southampton (NEW)
Sunday 19th October	The Royal Marines Museum, Southsea
Sunday 26th October	The Holiday Inn, Titchfield
Sunday 2nd November	De Vere Venues New Place, Shirrell Heath

More dates being added all the time. See website for up-to-date list.

Visit Our Website: www.pmnweddingfayres.co.uk
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Telephone: 01329 227 437
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Small changes make a big difference to your health

Denise Kelly
BSc (Hons) Naturopathic Nutritional Therapist

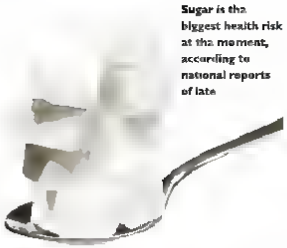
I DON'T KNOW about you, but I have always had a very sweet tooth. If someone offers me a chocolate I would find it really difficult to say no! That's why for the month of January I have given it up altogether. The constant eating over Christmas gets you into bad habits, and the more you have, the more you want!

If you are detoxing, or just trying to get healthier, cutting out the 'white stuff' is going to do you the power of good, and I don't just mean in the form of chocolate. There are so many hidden sugars in foods that we don't even realise. As I always say, cook from scratch and you know exactly what's going into that very precious body of yours, and of course try and steer clear of alcohol too for a few cleansing weeks!

It's been reported in all the national papers last week that sugar is the biggest health risk at the moment, right up there with smoking and alcohol. Sugar consumption in the western world has reached an all time, out of control, high.

The basic facts are that high sugar diets increase adrenalin production which puts the body into 'fight or flight' mode. With the normal life stresses that most of us have anyway, this will increase the acidity levels in the body massively, paving the way for multi mineral and vitamin deficiencies and weakening the immune system, allowing the disease process to begin. High sugar intake also increases the production of cortisol, which interferes with your hormones (Not good when hormonal related cancers are on the increase.)

Something that not many people know is that the transport of Vitamin C is also disrupted when consuming this kind of diet, which also plays a vital part in immunity strength and the formation of strong healthy bones. Yes, healthy bones! Not often associated with Vitamin C, however it plays a very important part in promoting the cross linking with some of its structural proteins. Although it's important to remember that no single Vitamin has the answer on its own, by following a high rainbow spectrum vegetable and low glycemic fruit diet, you will easily obtain all that you need from your food. If you are a smoker, you should know that this habit destroys vitamin C in the body so in this instance, a whole food supplement may be required until this habit is kicked.



Sugar is the biggest health risk at the moment, according to national reports of late

Most importantly, take this modern addiction seriously. High sugar consumption is dangerous and will affect your health. Make 2014 different. Break free of old habits and focus on the new, healthier you!

Clean up for January

Alcohol always leaves an acidic residue in the body and aggravates many conditions. It has been proven over time to be a potent destroyer of bone structure and those consuming excessive amounts have a 4 times greater incidence of osteoporosis than the normal population. Not only does it rot bones, it also causes considerable damage to the liver and brain cells. Have you ever noticed the day after a heavy night out, you just couldn't focus or think straight?

Give this body a break for a few weeks and keep it in moderation thereafter!

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on mfa@denisekelly.co.uk or 01242 520040.

Denise Kelly is a BANT (British Association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester West Sussex. @DrNutrition

NON-SURGICAL FACELIFT

SILHOUETTE SOFT® Thread Lift at Changes Clinic - a 30 minute procedure to give your face a lift - non-surgically

Before & immediately after treatment (carried out by Dr Denning)

SILHOUETTE SOFT® can be used for the jowl, brow, face and neck at leading Changes Clinic. Threads used are 100% absorbable by the body, administered with local anaesthetic by our trained doctor. Soon to become one of the most popular treatments in the Clinic, this procedure is ideal for those with a need to rejuvenate through lifting the face, without the need for surgery.

How does Silhouette Soft work?

Applying Silhouette Soft® takes around 30 minutes and is administered by our trained doctor Dr A Naryan Denning. After a small local anaesthetic, the doctor inserts the thread under the skin to a depth of about three to five millimetres. The angle and tension of the thread (with its bi-directional cones) is the skill used to determine success.

Why is Silhouette Soft Safe?

The development of SILHOUETTE SOFT® is based on six years of experience in suture suspension with cones used in reconstructive surgery and cosmetic surgery in the United States (Silhouette Lift®). It has also been used since 2010 on the Asian market, where it met with great success.

• The natural substance of SILHOUETTE SOFT® - polylactic acid (or PLA) - has been used for many years in various pharmaceutical and medical applications such as suture thread, orthopaedic pins, screws and nails for bone fractures, etc. It is also used in new biodegradable stent trials.

• Application of SILHOUETTE SOFT® must be carried out by a doctor who has been trained in the Silhouette Beauty® laboratory. Our trained doctor Dr Denning is resident at Changes Clinic in Portsmouth.

What areas can be treated with Silhouette Soft?

• LOWER JAW. The volume of the cheek is redefined. The facial contour regains a defined shape.

CHEEKS AND CHEEKBONES. The cheeks and cheekbones look fuller. The naso-labial fold is diminished.

EYEBROWS. The outer edge of the eyebrow is raised, the eyes are more open.

FACIAL CONTOUR. The facial contour is redefined. The cheeks look fuller. The skin regains its firmness.

NECK. The skin of the neck regains its tone and looks smoother.

For more information on this procedure and many other surgical and non-surgical treatments call Changes Clinic of Excellence on 02392 282000 or go to www.changesclinic.co.uk

For more information contact Changes Clinic 02392 282000 or email changes@changesclinic.co.uk or come along to our Open Evening on Wednesday 29 January, 6-9pm.

local discreet trusted caring

CHANGES
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CSR fuses fashion and function with launch of Bluetooth Smart jewellery

CSR has developed a range of connected jewellery, powered by its latest Bluetooth Smart solution, to demonstrate the future of wearable technology. The pendant-style connected necklaces contain integrated electronics that enable the user to customise the colour and brightness emitted to suit their mood or to coordinate with a particular outfit. The electronics integrated into the jewellery have been designed to support a range of functions and so they can also alert users to new notifications on their smartphones, an application that would be suited to a connected bracelet.

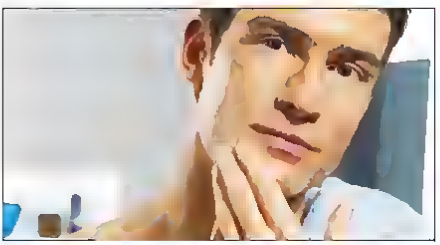
CSR recently surveyed consumers on their views on wearable technology and found that 72% agree that it's important that wearable technology devices look good and 67% admit that it's important that they fit with their personal style.

"Many of the wearable technology devices hitting the shelves today offer great features but don't take into consideration that consumers want beautiful, cutting-edge devices that complement their personal style," says Paul Williamson, Director of Low Power Wireless at CSR. "If wearable technology is to reach its potential it needs to appeal to more than just technology lovers. Devices like these connected pendants will help wearable tech go mass market."

The jewellery, which was designed in conjunction with boutique jeweller Cellini, combines top-quality design with connectivity powered by CSR's innovative Bluetooth Smart solution – the CSR1012. The platform, part of the proven CSR µEnergy® range, is engineered specifically for the wearable technology market. It allows the jewellery to connect to smartphones using a fraction of the power of standard Bluetooth by connecting directly to a small lithium battery. It's also designed to enable a small form factor, making it ideal for wearable accessories.

Those wearing the jewellery can be alerted to any new notifications from their iPhone. This is because the CSR microprocessor within the necklaces supports the Apple Notification Center Service (ANCS), a new feature released in iOS 7 which allows peripheral devices to access all notifications generated on an iOS device over a Bluetooth connection. CSR will also be demonstrating Android applications that enable the user to set the colour and patterns of the jewellery.

Thirty-something males are biggest beauty buyers spending three times more on beauty products than an average gym membership



MEN in their 30's spend more on male grooming products than men in their 20's and 50's combined, research from high street retailer Debenhams revealed.

Pressures to maintain a youthful look paired with the influence of well-groomed celebrities such as Ryan Gosling and Brad Pitt are thought to have led to the increase in spending habits. The average 30 something man now admits to spending over £100 per month on expensive eye creams, luxurious moisturisers and trips to the spa – three times as much as their gym membership.

Of the 1,000 UK males surveyed, those aged between 20 – 29 spent on average £35 per month on grooming products. The figure doubled for males in their 40's who spent an impressive £70, while those in their 50's seemed to have a more relaxed approach to male grooming at around £45 per month.

"Our survey shows there is a steady increase in male grooming spending habits over the years' said a Debenhams spokesperson. "In your teens, grooming consists of a splash of water with a hint of soap – if you're lucky! The introduction of electrical shavers and on the spot treatment products in your mid-late twenties means there is a definite increase in spending.

"But it's all change as soon as you hit your 30's when the focus shifts to products that maintain and prevent and money is no object. The spending cycle declined at 50, almost returning to the amount spent in your 20's as grooming takes a back seat and is seen as less of a priority and more of a necessity.

"The survey conducted by Debenhams also revealed that men in their 30's were willing to spend up to £50 on a moisturiser and up to £40 on wrinkle busting eye creams, Clinique's Age Defence for Eyes, Elemis Deep Cleansing Facial Wash, Clarins Moisture Balm and YSL's Touche Éclat were rated as the most wanted beauty products."

Respondents also confessed they would purchase a male grooming product if it was endorsed by a celebrity with David Beckham ranking the highest in terms of influence.

The male UK skincare market is worth an estimated £600m and beauty experts at Debenhams believe this figure is set to rise in 2014.

"The stigma associated with male grooming has finally disappeared and men are not only willing to spend money to maintain their looks, they are also recommending products to one another and frequently visiting salons and spa's sometimes in groups."

Horoscopes

17th - 23rd January
Horoscopes from Kimi

Aries 21 March - 20 April

You are great at sharing and team building and try to keep others in the loop. So why is this not being reciprocated you ask yourself! Don't beat yourself up about it, perhaps they just don't see things the way you do. There will be some limitations on the domestic front this week, so focus on those!

Taurus 21 April - 21 May

You may be in for a bit of a shock this week! But it doesn't necessarily follow that the shock will be an unpleasant one. It simply means you will be greatly surprised by what you hear or see and it will throw you off kilter. An unplanned trip out will prove to be interesting and enlightening.

Gemini 22 May - 21 June

Watch what you spend and what you sign and who you deal with this week. You can sometimes be a little too rash. Sounds a bit ominous? Not really just telling you that to exercise a little caution is no bad thing. Make sure that you surround yourself with friends this week to keep your spirits buoyant.

Cancer 22 June - 22 July

Hope you slowed down last week because there is lots to contend with this week. You may have started a project or begun to work with someone you feel unsure about. Just have a little faith it will turn out for the best. You may be opening the champagne later this week as good news is on its way.

Leo 23 July - 22 Aug

You have been contemplating big changes for some time and it now seems as though you can do nothing other than implement them. Well you could if you want to be in the same position for the next ten years. Check carefully and then get moving. There is a deal of difference between caution and procrastination you know!

Virgo 23 Aug - 23 Sept

Your love life will certainly be taking up lots of time this week, whether you have a partner or not. All things romantic are well favoured. This is not so much about flirtation but more about deeper and more meaningful connections. There are things developing on the career front too which may bring about fundamental change to your work situation.

Libra 24 Sept - 23 Oct

You are in demand this week. Your colleagues and/or peers let you know just how much they value your input. It is your people skills that are needed. Did you know they were that good? You orchestrate the group and you will find that there is some really creative stuff going on bit off the wall but creative nonetheless.

Scorpio 24 Oct - 22 Nov

There's a move in the not too distant future could be a physical move career move or even a realignment of your loyalties. Whatever it is it will bring positive change to your life. You will however not be undertaking this change of direction alone someone quite important will be acting as a conduit if not a catalyst for change!

Sagittarius 23 Nov - 21 Dec

You are likely to be fired up this week as someone approaches you about a new venture that presses all the right buttons for you. It could be a charitable or ecological event or just something that is dear to your heart. Whatever it is it will take up lots of your energy. But it won't feel like work!

Capricorn 22 Dec - 20 Jan

Well now are they or are they not committed? That is the million dollar question you keep asking yourself this week. For some reason you don't seem to be getting a straight answer. Is this person being deliberately surreptitious or are they just fooling themselves? Don't go it alone ask the big guns to help sort this out.

Aquarius 21 Jan - 19 Feb

Things are still moving forward positively and are gathering pace. There may be changes to your work pattern job role or job itself. If the change is not what you signed up for or is what you wanted give it time. This may be a blessing in disguise. On the home front there may be a new baby or in-law.

Pisces 20 Feb - 20 March

Change is about to happen and unfortunately it is going to happen whether you want it to or not. This may involve shifting relationships locations or both. Well you cannot change the inevitable but you can learn to manage it. If you need support in order to do this there is a friend all too willing to help just ask!

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Travel

Sublime long-haul sunshine escapes

RENOWNED for its exquisite short breaks to some of Europe's top city, coast and countryside destinations, it shouldn't be forgotten that Kirker Holidays also tailor makes superb long-haul itineraries. These holidays to an array of warm weather destinations from Oman and India to the Maldives and Mauritius, are never more welcome than in winter, when even the hardiest Brits can find themselves longing to lounge in the sun.

With average daytime temperatures ranging from the low 20°s to the low 30°s at this time of year, depending on the region visited, India's an enticing alternative to the bracing winds of Blighty. Whether travellers are visiting for the first time or returning to the country to venture further afield, Kirker's expert team can create a holiday that ticks all the boxes, selecting accommodation to suit personal tastes and budgets – from characterful houseboats on the Keralan backwaters of Southern India to family-run jungle camps in Kanha National Park, and from comfortable three and four star hotels in city, coastal and countryside locations to an array of deluxe five-star properties that includes former Maharajas' palaces.

New to Kirker's 2014 brochure – out now – is a selection of suggested itineraries that can be added to a classic Golden Triangle (Delhi, Agra & Jaipur) journey to create an even more memorable holiday, including:

• Shimla – The Himalayan Foothills

Experience India as it was in the days of the Raj with a three-night visit to Shimla that includes a ride on the toy train that once transported government officials to the cooler climes of the Himalayan Foothills for a few months each summer. Enjoy woodland walks, fascinating temple visits and breathtaking views during a stay in this quintessential British hill station.

Extension price is from £410 pp including return executive class rail tickets from Delhi-Chandigarh, private air-conditioned vehicle with English-speaking driver for all transfers, expert private guides, entrance fees for all museums and monuments, narrow gauge railway excursion and accommodation in four star hotels with breakfast (three nights Shimla, one night Delhi).

• Indian Temples & the Ganges

Of particular appeal to anyone with an interest in the cultural and religious history of Northern India, this six-night extension takes discerning travellers to Gwalior (dominated by its 15th century church with magnificent tiled façade), Khajuraho (famed for its collection of erotically-decorated temples) and Varanasi, arguably the most sacred Hindu pilgrimage destination.

Extension price is from £782 pp including private air-conditioned vehicle with English-speaking driver from Delhi to Gwalior, economy air travel (Khajuraho to Varanasi/Varanasi to Delhi), expert private guides, entrance fees for all temples, museums and monuments in each city, a boat ride on the Ganges, evening aarti ceremony in Varanasi, sound & light show at Gwalior Fort and accommodation in four star hotels with breakfast.

• In Search of the Tiger Bandhavgarh and Kanha

The National Parks of Bandhavgarh and Kanha in Madhya Pradesh offer some of the best opportunities to spot the endangered Royal Bengal tiger, as well as a myriad other indigenous animals and birdlife. Enjoy visits to both on a six-night extension that also includes a night in Mumbai.

Extension price is from £1,190 pp including economy air travel (Delhi to Jabalpur/Nagpur to Mumbai), private air-conditioned vehicle with English speaking driver for all transfers, accommodation with full board arrangements for game lodges, and with breakfast in Mumbai. Five private game drives in Bandhavgarh and three in Kanha are included.

A classic Golden Triangle journey with Kirker Holidays costs from £1,575 pp (two sharing) including flights (Heathrow), private transfers, sightseeing, rail travel from Delhi to Agra and six nights' accommodation with breakfast – three in Delhi, one in Agra and two in Jaipur.

Kirker's India brochure also includes luxury rail travel experiences on the Maharajas' Express and Palace on Wheels trains, as well as a range of hotels and suggested itineraries in Nepal, Sri Lanka and The Maldives.

If winter sun's on the agenda but India doesn't appeal on this occasion, there is plenty more warm weather inspiration available from Kirker Holidays. Choose from a tempting selection of single and multi-centre holidays in Botswana, Namibia and Zambia – all of which feature in Kirker's dedicated Southern Africa brochure alongside South Africa highlights such as Cape Town, the Winelands, The Garden Route and Kruger National Park.

Several Southern Africa itineraries feature in Kirker's new Long-Haul Winter Sunshine newsletter, including:

Cape Town: Stay four nights for the price of three at the five-star superior Cape Grace Hotel, set on its own private quay in the heart of the city's popular Victoria & Albert Waterfront development.

Price is from £1,799 pp (two sharing) – saving £180 pp – including flights (London), private transfers and accommodation with breakfast. Valid on stays from 4 31 January and from 1 31 March.

African Odyssey: Encompassing Southern Africa's most fascinating highlights, this nine-night holiday takes travellers from cosmopolitan Cape Town to the ultimate safari experience – in search of the Big Five in Sabi Sands – before boarding the historic Blue Train through charming colonial settlements and ending at the spectacular Victoria Falls.

From £4,929 pp (two sharing) including flights (London), one night in a private cabin on the Blue Train and accommodation with breakfast in Pretoria (one night), Cape Town (two nights), Sabi Sands (three nights) and Victoria Falls (two nights).

The newsletter also includes winter sun special offers in:

• Oman: Stay five nights for the price of four at the stylish five-star deluxe The Chedi from £1,747 pp – saving £234 pp. Price is based on two sharing and includes flights (London), private transfers, accommodation with breakfast, tourist visa and Kirker guide notes. Valid on stays from 1 31 January. Five nights in February and March are from £1,981 pp.

• Maldives: Stay seven nights for the price of six at the four-star deluxe Vivanta by Taj Coral Reef on the small island of Hembadhu, from £2,749 pp – saving £635 pp. Price is based on two sharing and includes flights (London), transfers and accommodation with breakfast. Valid on stays until 31 March.

• Mauritius: Stay seven nights for the price of five at the five-star deluxe Oberoi from £3,175 pp – saving £729 pp. Price is based on two sharing and includes flights, transfers and accommodation with breakfast. Valid on stays until 31 March.

For further information, including the latest winter sun special offers, visit kirkerholidays.com.

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MOUNTBATTEN FESTIVAL OF MUSIC
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The Mountbatten Festival of Music features the Massed Bands of Her Majesty's Royal Marines performing a wide variety of music, encompassing traditional military marches and fanfares, a classical overture and music from stage and screen. With over 120 musicians on stage, augmented by the Corps of Drums and Ceremonial Fanfare Trumpeters, this is the showpiece event of one of the World's finest military bands.
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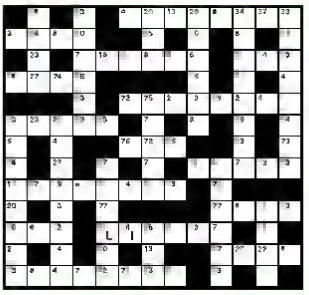
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14 I
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11 L	24
12	25
13	26

Last week's solutions

B	O	C	M	I	N	W	K	G	F	R	X	V		
J	U	Y	D	T	L	E	Z	S	H	A	P	Q		

Wordsmare

A	T	I
T	E	H
A	B	U

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found

How you rate

6 words - average,
9 words - good,
12 words - very good,
15 or more - excellent.

Last week's solutions

aigre, ale, adge, ale, aridged, dledge, dledged, dredges, dlage, dlage, ge'r, gid, d, gele, gild, gilded, gilds, gl de, gl ded, glides, gones, gnid, Iegs, ledge, ledged, ledges, lage, nge, ngle, og el, ogles, sleg.

Double Crossword

Choose either quick or cryptic clues

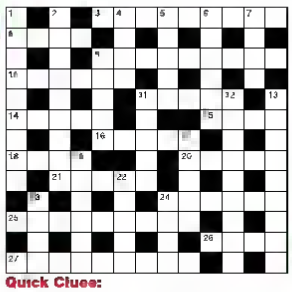
Cryptic Clues:

Across

3 Playfellow? (6)
8 & 23 Dn. Where you'll find the lanes are changing? (4-4)
9 Disarming - like a school rejects with teachers? (9)
10 This may hold the reins for a tradesman, we hear (5)
11 He is involved in a club race act (5)
14. There will be a time-lag if this is too slow (5)
18 Record part of the scale (4)
16. Part of the score a chor manage to achieve (5)
18 A curse the witness may be under (4)
20. Superfluous letter disclosed to the public (5)
21 Ground with unlimited space all round (5)
24 Natural tendency to make a great effort (5)
25 Exactly locates the golfer's target with complete directional (5-5)
26. Look over southern vessel (4)
27. Bring to, about a lowering of French classical on (5)

Down

1 Case out! I'd change what goes on in school? (5)
2. Dead cock produced by a complain on nut of condition (5)
4. Firing up right close to a sound race var (4)
5 Th a will provide a light competitive encounter (5)
6. Painting in brown material is checked (6)
7 The sign is broken underfoot, we hear (4)
8 A key for the army officer (5)
11 Violent impact producing continental failure (5)
12. Patience that gives a certain range of latitude (9)
13 This club is appropriate to the subject (9)
17 They entertain the crowds (5)
19 Relief for purves an obstacle to progress (6)
22 Made an effort, but produced an irritating effect (5)
23. See 8 Across
24. Weapon used in the closest engagements (4)



Quick Clues:

Across

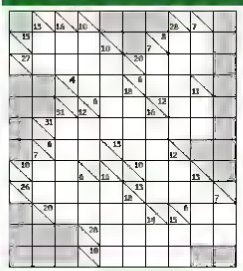
3. Competent (9)
8. Spike (4)
9. Total (6)
10. Stupid (6)
11. Deserts (5)
14. Scope (5)
15. Resound (4)
16. Flag (5)
18. Hints (4)
20. Absentee (5)
21. For (5)
24. Lament (5)
25. Travel (9)
26. Greet (4)
27. Disjointed (9)

Down

1. Wrong (9)
2. Swollen (9)
4. Impel (4)
5. Pig (5)
6. Number (6)
7. Consumes (4)
9. Donkeys (5)
11. Supernatural being (5)
12. Reluctant to believe (9)
13. Anticipate (9)
17. Drone (5)
19. Tiny (6)
22. Blunts (5)
23. Rid (4)
24. Unskilled (4)

Last week's solutions.
CRYPTIC Across 1 Fact; 3 Leaven rise; 8 Aire; 9 Contempt, 11 Reinvestment; 13 Cheers, 14 Clothe; 17 Treating with; 20 Couriers, 21 Spain; 22 Dredging; 23 Arle Down 1 Flat race 2 Carmine; 4 Amaurs, 5 Entrenchgy 6 Demrin; 7 Rate; 10 Overlaying, 12 Tethered; 15 Tripsel; 16 Crimn, 18 Route; 19 Aced QUICK Across 1 Cove; 3 Penchant; 8 Note; 9 Standard 11 Incense stent; 13 Canopy; 14 Stupor; 17 Disinterest; 20 Ilcrete; 21 Weir; 22 Extended; 23 Edge. Down 1 Centrinbe; 2 Vet can; 4 Entail; 5 Cen sture, 6 Again; 7 Tidy; 10 inspection, 12 Freeway; 15 Pressed; 19 Subtle 19 Idiot; 19 Rife.

Kakuro



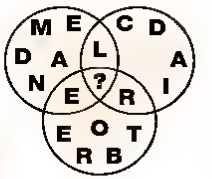
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is L. Fletcher Scholes, Neville, all Manchester United players, past and present

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

		U		
				R
			I	
M				
	R			

A

P	U	N	A	T
M	A	I	R	E
M	U	L	L	S
N	E	E	Z	E
R	I	P	U	N

B

Last week's solutions:
Lambs, Afoot, Mouse, Bosun, Stent.

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last weeks solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

4			1	5			7	9
		9			3	6	1	
3	5		6					4
6			7		8	5		
	1			2	6		3	
		8	4		5		2	6
5					1			
		7	3			1		2
	2			7	9			3

Intermediate

	4				1		8	
9		3	6					1
			7	8		4		
	2			3		5	6	
	9	4			2	1	7	
	6	8		7			3	
		1		2	7			8
	7			5	3			2
			9					

Difficult

	5				9			
2	1			6		9		
8				7				2
	4				1	7		
		3				5		4
		6	7				8	
				8				9
	7			5			2	1
			2				6	

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For no mess, no mud... it's got to be LazyLawn

HOME OWNERS across the country are discovering the secret to a mud and mess-free garden lies with turfing out their natural grass in favour of joining the LazyLawn revolution.

The UK's leading brand of artificial grass is rolling out its LazyLawn across the country, as more and more people choose to swap their natural turf for a no mess, low maintenance alternative.

From Amanda Holden to Alan Titchmarsh, LazyLawn is the latest garden must-have for a number of household names and ensures there'll be no more muddy footprints walked through the house.

Andy Driver, Marketing Director at LazyLawn, comments: "Come rain, wind or shine, LazyLawn is the secret to having an attractive garden all year round.

"With winter upon us many people are finding their gardens are too wet and too muddy to spend time in, but our artificial turf makes it possible to get out in the garden whatever the time of year.

"In particular, LazyLawn has become increasingly popular with pet owners and parents, as pets and children can play on the lawn without creating a mess and without bringing mud back into the house.

"Unlike natural turf, LazyLawn is incredibly fast draining, with a drainage time of 60 litres per minute it's the perfect solution to a messy, muddy garden."

Families, pet owners, lazy gardeners and those who haven't the time for garden maintenance are just some of the customers that have added to the 20% increase in demand for LazyLawn over the last 12 months.

The artificial grass specialist is now inviting home owners to visit its Chiswick office and show gardens, on Sutton Lane North, where they can see for themselves how 150 square metres of artificial turf has been used to create a number of inspirational gardens.

Andy continues: "As LazyLawn comes in different shades and different styles, we've created a number of different gardens to demonstrate how versatile our artificial turf is.

"From replacing your existing lawn to covering an area of decking, balconies to roof top gardens, there's a LazyLawn solution for every size and shape of garden.

"As well as being fast draining, LazyLawn requires no mowing, no watering and little maintenance, so there are plenty of reasons to consider replacing your existing lawn with an artificial one.

"Our artificial lawns look and feel authentic thanks to the pioneering technology we have developed and it's the only artificial grass that has a realistic appearance and the ability to bounce back."

Unlike other artificial grass, LazyLawn has a realistic look, which is achieved by the colour mix and texture of the individual strands, these are made from soft, yet durable polyethylene, and are fully UV stabilised to prevent fading.

Ensuring there's a shade of LazyLawn for everyone, the firm also has a vibrant range of turf in blue, yellow, red, pink, orange, purple, black, white and grey, which have been used as part of Selfridges' famous window displays and events.

Andy adds: "LazyLawn offers many benefits for those who would rather spend quality time in their garden.

"There's certainly a growing interest in artificial lawns and we expect the trend to continue as more people realise they can achieve a perfect lawn without any hard work at all."

It's not just home owners who have joined the LazyLawn revolution, a number of high profile projects have also embraced the benefits of having a lush green lawn whatever the weather.

In fact, LazyLawn was the first artificial grass brand to ever appear at a Chelsea Flower Show, provided £250,000 worth of turf for the London 2012 Olympic Village and has installed the Big Brother garden for eight consecutive years.

Find out how your garden can be transformed by visiting LazyLawn London, Sutton Lane North, Chiswick, London W4 4LD, or log on to lazylawn.co.uk.

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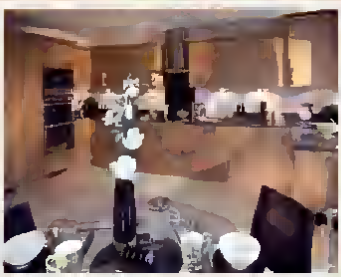

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ALDWICK **£599,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach. The very well presented property includes a spacious entrance hall, cloakrm, a living rm, good sized conservatory/dining rm, kit/breakfast rm, utility rm, gr fl bedrm with en suite bathrm, further gr fl bedrm/study, first floor bedrm with en suite shower rm, family bathrm, detached dble garage with study/office over, secluded Southerly gardens. EPC Rating C

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marina estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kitchen/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C

CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H., u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating E

ALDWICK **£227,500**

A well presented two bedroom first floor apartment situated in a private marina estate with 150 yards of the gated access to the beach. G.F.H., u.P.V.C. dble glazing, attractive living room combining the lounge & kitchen with doors to South facing balcony, bathroom, allocated parking, South facing communal gardens. NO FORWARD CHAIN. EPC RATING B

BOGNOR REGIS **£205,000**

A semi detached house situated in a small cul-de-sac within half a mile of the town centre and the station, approx. 300 yards from the beach. South facing living room, u.P.V.C. double glazed conservatory, kitchen, three bedrooms, bathroom, garage situated in a nearby compound and a South facing rear garden. EPC Rating D

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

Motors

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Motorists drive old cars into the New Year

MECHANICS are gearing up for an influx of car repair requests this month, as motorists seek to spruce up their old vehicles for 2014

whocanfixmycar.com, a site which helps car owners find rated mechanics in their local area, recorded a 25 per cent increase in job requests in January last year and early indications are that January 2014 is going to be very similar

The figures indicate that UK motorists prefer to ensure that their old cars are in top condition for a new year, rather than forking out for an upgraded model In fact, the average car in the UK is 7 44 years old, and a survey from Carfinance247 co uk revealed that just 17% of Brits are planning to buy a new or used vehicle within the next six months

The Society of Motor Manufacturers and Traders (SMMT) states that out of 31 million vehicles in the UK, one in three have been on the road for at least the past ten years

UK motorists forking out hundreds on unexpected car repair costs

BRITISH MOTORISTS forked out hundreds of pounds last year repairing whining engines, wonky wheels and patching up scrapes and dents, according to a recent consumer poll from Trust My Garage

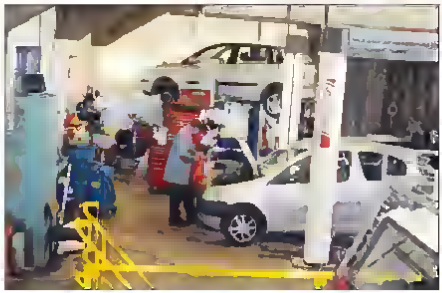
The countrywide independent garage scheme carried out a straw poll of 100 motorists from throughout the UK and found that 24% have had to fork out up to £500 on unexpected car repair bills in 2013. Vehicle exteriors, engines and wheel-related problems came out top for the parts responsible for unexpected car repair costs, with over 40% of the vote combined.

Over a fifth of UK motorists had to pay more than £500 on unexpected car repair bills in 2013, with 22% saying that repairs cost them between £500 and £1,000 last year. And 10% of motorists had to shell out for more than £1,000 on unexpected repair bills

The poll found that the parts of a vehicle that motorists should be checking themselves such as the windscreen wipers, mirrors and tyres are not causing costly repair bills, with just 4% of the vote combined However, the more sophisticated parts of a vehicle that should be checked professionally with regular servicing, are leading to expensive repairs when something goes wrong

Terry Gibson from Trust My Garage believes that skipping regular servicing could be leading to vehicle malfunctions and incurring expensive bills for motorists He said "While it is great to see that many motorists are carrying out basic checks on their vehicles themselves, it is worrying to see how many are still having to contend with unexpected and expensive repair bills

"While nothing can absolutely guarantee that a vehicle won't become damaged or require repairing, regular servicing at a local, trusted independent garage can certainly help Those drivers using the annual MOT as a replacement for regular servicing are likely to be incurring repair costs because an MOT is not the same as regular servicing



and doesn't check the general mechanical condition of a car, like a service does "

What these statistics reveal is that motorists need greater protection and contingency plans in place to cope with unexpected car repair costs Trust My Garage is all set to unveil its own unique car repair budgeting plan this year to shield consumers from unexpected car repair costs

Terry Gibson explained "We are almost ready to reveal our unique car repair plan in the New Year This will allow motorists to regularly add money to a fund which can be used throughout the year for car repairs, servicing and MOTs at Trust My Garage approved workshops throughout the UK. This will be the only plan of its kind, built specifically for the independent garage trade. Already we have over 3,000 independent garages eligible to sign up the plan but will reveal more later in the year"

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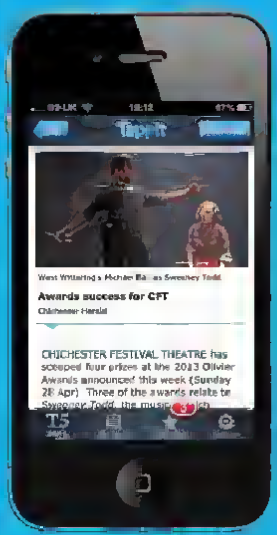

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Sport

Football

Penalty miss proves costly

Saturday 11 January 2014
Sussex County League Division 1
Dorking Wanderers 3 | 1 Chichester City

By Chester Browton

A MISSED PENALTY midway through the second-half proved the turning point for Chichester, who eventually lost 3-1 at Dorking Wanderers.

On a very muddy pitch, neither side showed a great deal of constructive play and despite defending well, City didn't really produce enough serious attacks to justify a share of the spoils.

Wanderers took the lead on 25 minutes at a time when Chichester full back Aidan Madden was injured. A Jake Hill free-kick on the right-hand side led to an unstoppable bullet header from Chris Boulter to make it 1-0.

City enjoyed their best spell on the approach to half-time. George Landais turned brilliantly on 38 minutes but blazed his shot over the bar, and two minutes later an awful clearance by Dorking keeper Dean Cupit allowed Dan Hegarty a free shot from 25 yards out but again it went over.

Then, in the 45th minute, Tom Groom won a free-kick and Luke Killner's delivery was converted by Peter Hibbert at the far post for the equaliser.

Dorking had a period of sustained pressure after the break. Anthony Ender did well to keep out Luke Jermy's shot with his legs on 63 minutes, but could do nothing to stop Tom Tolfrey scoring a few seconds later.

Chichester were thrown a lifeline in the 66th minute when they were awarded a penalty for arm holding, but Killner appeared to be too casual with his spot kick which was well off target.

The initiative was now firmly with Dorking and they made sure of victory with nine minutes remaining. James Duff's corner led to a foul in the goalmouth and Tolfrey fired in the resultant penalty for 3-1.

"I thought Dorking were good value for their win," said City joint-boss Sean Forry.

Concerning the missed penalty, he admitted: "Yes, goals change matches and things may well have been different if the pen had gone in.

"It would have given our legs a boost and Dorking, when asked questions in the first half, did not cope too well. Overall though, I thought they were a decent side and better on the day.

"The positive for us is that, although not at our best, we could have still got a result against one of the better sides and with the consistency shown over the previous six games, it's a good measure of our continuing progress."

City: Ender, Sanashee, Madden, Boniface, Hibbert, Hegarty, Groom, Killner, Landais, F Smith, Forry. **Subs:** Case, Blatchford, Ansa

Hope rests on the medicine man

I THINK everyone was gutted when Albion midfielder Andrew Crofts punched the ground as the whole Amex stadium realised his season was over through injury. He has been back at his best and back in the goals this season. Of course we wish him well but fear not, he will be in good hands.

The man who will oversee his recovery is head of sports medicine and science, Helge Riepenhof. The German doctor has been far too busy for his liking since he joined with long-term injuries to Tommy Elphick, Gary Dicker, Adam El Abd, Will Hoskins and Craig Mackail-Smith. It would be reasonable to expect him to adopt a glum disposition bearing in mind his job but I have found him, exact, practical and above all, positive. He arrived from the BG Trauma clinic in Hamburg which specialises in sports-related injuries and methods of recovery. He has a wealth of experience in cycling having worked with riders like Mark Cavendish at the HTC cycling team and is now an integral part of the Albion. He remains with the team full time and suggests the return of Hoskins and Mackail-Smith may not be too far off.

He also has a huge task to oversee the implementation of the training ground and academy at Lancing. The benefits of the facility are clear to all but it is the doctor who is ensuring all the necessary needs are met. The training ground will have pitches identical to the Amex but we must hope that the soft top and hard underside that plagued the Amex in year one will not recur. The venue looks to be state of the art and represents another step on the path to the top-flight. Once the bulldozers have moved on it will be the amiable German who will care for the team, prepare their regimes and oversee their routines at what will effectively be their new home.

I'm sure the players will be delighted to officially move into the ground in June. Riepenhoff will too if he is afforded time to watch them train once he has emptied his busy treatment room. He may yet prove to be one of the club's best signings. I wish him and Crofty all the best in the next few months and look forward to seeing them at the new training ground this summer.

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Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	20	54
2	LITTLEHAMPTON TOWN	20	41
3	HORSHAM YMCA	22	40
4	EAST GRINSTEAD TOWN	20	37
5	CROWBOROUGH ATHLETIC	21	34
6	HASSOCKS	19	34
7	DORKING WANDERERS	21	33
8	LINGFIELD	20	29
9	PAGHAM	21	29
10	SELSEY	21	29
11	NEWHAVEN	19	28
12	CHICHESTER CITY	22	27
13	RYE UNITED	18	23
14	WINGMER	19	22
15	LANCING	19	22
16	ST FRANCIS RANGERS	18	21
17	SHOREHAM	17	19
18	ARUNDEL	18	14
19	HAILSHAM TOWN	18	18
20	WORTHING UNITED	19	4

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	18	45
2	LOXWOOD	19	42
3	HAYWARDS HEATH TOWN	20	41
4	BROADBRIDGE HEATH	18	38
5	LITTLE COMMON	20	33
6	BEXHILL UNITED	20	32
7	WICK & BARNHAM UNITED	18	28
8	STEYNING TOWN	16	27
9	WESTFIELD	18	25
10	AFC UCKFIELD	17	25
11	MILE OAK	17	+25
12	OAKWOOD	17	15
13	STOURBRIDGE	19	14
14	BUSTINGTON	20	14
15	SEAFORD TOWN	19	13
16	MIDHURST & EASEBOURNE	18	12
17	SALTDEAN UNITED	16	7

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	8	22
2	IFIELD	11	21
3	IDDEY	11	18
4	SIDLESHAM	11	18
5	FERRING	9	16
6	UCKFIELD TOWN	9	13
7	CLYMPING	11	13
8	BILLINGSHURST	12	13
9	HURSTPIERPOINT	10	13
10	OTTINGDEAN VILLAGE	11	11
11	SOUTHWICK	11	6

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